

# Nutrition Facts

Serving Size 1 oz (28g)

Servings Per Container 1

## Amount Per Serving

Calories 160      Calories from Fat 130

% Daily Value\*

Total Fat 14g      22%

Saturated Fat 1g      6%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 170mg      7%

Total Carbohydrate 6g      2%

Dietary Fiber 3g      13%

Sugars 1g

Protein 6g

Vitamin A 0%      • Vitamin C 0%

Calcium 8%      • Iron 6%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Nuts, Almonds, Oil, Vegetable, Cottonseed, Salad Or Cooking, Salt, Table