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TECHNICAL INFORMATION

NUTRITION FACTS, per 100g Serving*

PRODUCT: DRY ROASTED SALTED ALMONDS

<u>Nutrients</u>	<u>Per 100g</u>	<u>Nutrients</u>	<u>Per 100g</u>	<u>Nutrients</u>	<u>Per 100g</u>
Calories (kcal)	589.33	Ash (g)	3.9	Carotenoid RE (RE)	0.1
Kilojoules (kj)	2465.74	Water (g)	2.52	Calcium (mg)	264.05
Calories from Fat (kcal)	462.67	Vitamin A - IU (IU)	0.99	Iron (mg)	3.78
Calories from SatFat (kcal)	35.82	Vitamin A - RAE (mcg)	0.05	Magnesium (mg)	278.72
Fat (g)	51.41	Vitamin C (mg)	0	Copper (mg)	1.1
Saturated Fat (g)	3.98	Vitamin D - IU (IU)	0	Iodine (mcg)	0.24
Mono Fat (g)	31.98	Vitamin D - mcg (mcg)	0	Potassium (mg)	703.21
Poly Fat (g)	12.83	Vitamin E - IU (IU)	35.02	Sodium (mg)	314.03
Trans Fatty Acid (g)	0.01	Vitamin E - mg (mg)	23.51	Zinc (mg)	3.26
Cholesterol (mg)	0	Vitamin B1 (mg)	0.08	Phosphorus (mg)	464.22
Protein (g)	20.8	Vitamin B2 (mg)	0.96	Manganese (mg)	2.29
Carbohydrates (g)	21.36	Vitamin B3 (mg)	3.51	Selenium (mcg)	2.27
Total Dietary Fiber (g)	10.77	Vitamin B6 (mg)	0.13	Chromium (mcg)	--
Insoluble Fiber (2016) (g)	9.58	Vitamin B12 (mcg)	0	Chloride (mg)	478.62
Soluble Fiber (2016) (g)	1.19	Pantothenic Acid (mg)	0.32	Choline (mg)	51.46
Total Sugars (g)	4.88	Vitamin K (mcg)	0		
Added Sugar (g)	0	Folate, DFE (mcg DFE)	52.35		

INGREDIENTS: **Almonds**, Sea Salt, and Corn Maltodextrin.

**The calculated nutrition data provided herein is based on information from current product formulation and USDA nutrition database (2015) and is subject to change. <http://ndb.nal.usda.gov/>*

†About the data: US FDA (21CFR 101.9) recognizes and accepts the use of electronic ingredient databases to compute nutritional values for product labels. When preparing nutrition labels, the FDA requests that manufacturers make a good-faith effort to provide accurate label data. Blue Diamond collects nutrient information, or data, for each ingredient from our suppliers as well as USDA nutritional database. Then we calculate the nutrient content in the final product from these data based on the formulation or recipe. We would make necessary adjustments to the nutrient values to account for changes that occur during processing, transportation and/or storage to generate accurate nutrient values for our product to the best of our knowledge.