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TECHNICAL INFORMATION

NUTRITION FACTS, per 100g Serving*

PRODUCT: BLANCHED ALMONDS, WHOLE, SLICED, SLIVERED, MEAL

<u>Nutrients</u>	<u>Per 100g</u>	<u>Nutrients</u>	<u>Per 100g</u>	<u>Nutrients</u>	<u>Per 100g</u>
Calories (kcal)	590	Total Sugars (g)	4.63	Vitamin B12 (mcg)	0
Kilojoules (kj)	2468.56	Added Sugar (g)	0	Pantothenic Acid (mg)	0.31
Calories from Fat (kcal)	472.68	Ash (g)	2.91	Vitamin K (mcg)	0
Calories from SatFat (kcal)	35.58	Water (g)	4.51	Folate, DFE (mcg DFE)	49
Fat (g)	52.52	Vitamin A - IU (IU)	7	Calcium (mg)	236
Saturated Fat (g)	3.95	Vitamin A - RAE (mcg)	0.35	Iron (mg)	3.28
Mono Fat (g)	33.42	Vitamin C (mg)	0	Magnesium (mg)	268
Poly Fat (g)	12.37	Vitamin D - IU (IU)	0	Copper (mg)	1.03
Trans Fatty Acid (g)	0.02	Vitamin D - mcg (mcg)	0	Potassium (mg)	659
Cholesterol (mg)	0	Vitamin E - IU (IU)	35.39	Sodium (mg)	19
Protein (g)	21.4	Vitamin E - mg (mg)	23.75	Zinc (mg)	2.97
Carbohydrates (g)	18.67	Vitamin B1 (mg)	0.19	Phosphorus (mg)	481
Total Dietary Fiber (g)	9.9	Vitamin B2 (mg)	0.71	Manganese (mg)	1.84
Total Soluble Fiber (g)	1.09	Vitamin B3 (mg)	3.5	Selenium (mcg)	3.2
Total Insoluble Fiber (g)	8.81	Vitamin B6 (mg)	0.12	Molybdenum (mcg)	29.5
				Choline (mg)	52.1

INGREDIENTS: BLANCHED ALMONDS.

**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.