



NATURAL YOGURT ALMONDS

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Calories (kcal)	224.39	550.11	Carbohydrates (g)	21.61	52.97
Calories from Fat (kcal)	131.18	321.6	Dietary Fiber (g)	1.27	3.12
Fat (g)	14.58	35.73	Total Sugars (g)	19.55	47.94
Saturated Fat (g)	9.2	22.54	Protein (g)	3.01	7.37
Trans Fatty Acid (g)	0.01	0.03	Vitamin A - IU (IU)	0.82	2.02
Cholesterol (mg)	0.79	1.92	Vitamin C (mg)	0.12	0.3
Sodium (mg)	15.2	37.25	Calcium (mg)	61.76	151.4
Potassium (mg)	114.43	280.53	Iron (mg)	0.39	0.97

Nutrition Facts	
Serving Size 10 pieces (41g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 130
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Potassium 115mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 20g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 2%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
Serving Size (100g)	
Servings Per Container	
Amount Per Serving	
Calories 550	Calories from Fat 320
% Daily Value*	
Total Fat 36g	55%
Saturated Fat 23g	115%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Potassium 280mg	8%
Total Carbohydrate 53g	18%
Dietary Fiber 3g	12%
Sugars 48g	
Protein 7g	
Vitamin A 0%	• Vitamin C 0%
Calcium 15%	• 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
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Calories per gram:	
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INGREDIENTS: Yogurt Coating (sugar, palm kernel oil, whey, nonfat milk, yogurt powder [cultured whey, nonfat milk], soy lecithin [an emulsifier], natural flavor), Almonds, Water, Gum Arabic, Confectioners Glaze, Modified Starch (tapioca), Coconut Oil.

Contains Milk, Soy, Tree Nuts (almonds).

Manufactured in a plant that processes peanuts, tree nuts, soy, wheat (gluten), eggs, and dairy products.

June, 2015