

PRODUCT NAME	ALMONDS RAW
JLM PRODUCT No.	374103
INGREDIENTS:	Almonds.
UPC:	094776081820
WEIGHT:	15 oz
ALLERGEN STATEMENT:	CONTAINS: ALMONDS
COUNTRY OF ORIGIN:	USA
SHELF LIFE:	365

NUTRITIONAL INFORMATION		
SERVING SIZE	1 oz (28g)	
SERVINGS PER PACKAGE	15	
CALORIES		
	160	
CALORIES FROM FAT		
	123	
TOTAL FAT		
	14 g	22%
SATURATED FAT		
	1 g	5%
TRANS FAT		
	0 g	0%
CHOLESTEROL		
	0 mg	0%
SODIUM		
	0 mg	0%
TOTAL CARBOHYDRATES		
	7 g	2%
FIBER		
	4 g	15%
SUGARS		
	1 g	
PROTEIN		
	6 g	
VITAMIN A		
		0%
VITAMIN C		
		0%
IRON		
		6%
CALCIUM		
		8%

***PERCENT DAILY VALUES ARE BASED ON A 2000 DIET.**