



**Blue Diamond Growers**  
**The Almond People®**

## CALCULATED NUTRITION DATA \*

### SMOKEHOUSE® ALMONDS

Nutrients Per 100g

#### Basic Components

Calories (kcal)	602.87
Kilojoules (kj)	2522.42
Calories from Fat (kcal)	493.89
Calories from SatFat (kcal)	37.37
Fat (g)	54.93
Saturated Fat (g)	4.15
Trans Fatty Acid (g)	0.05
Cholesterol (mg)	0
Carbohydrates (g)	17.57
Dietary Fiber (g)	9.91
Total Sugars (g)	4.33
Other Carbs (g)	--
Protein (g)	20.19

#### Vitamins

Vitamin A - IU (IU)	1.01
Vitamin C (mg)	0
Vitamin D - IU (IU)	--
Vitamin E - IU (IU)	37.95

#### Minerals

Sodium (mg)	540.94
Potassium (mg)	659.43
Calcium (mg)	275.88
Iron (mg)	3.57
Phosphorus (mg)	439.62
Magnesium (mg)	258.49
Manganese (mg)	2.32
Zinc (mg)	2.90

\*The nutrition data provided herein is calculated based on information from various sources including nutrition databases and is subject to change.

12/21/2011 (JE)