

# Nutrition Facts

Serving Size 1 ounce 28g (1 ounce (28g))

## Amount Per Serving

**Calories** 170      **Calories from Fat** 129

## % Daily Value\*

<b>Total Fat</b> 15g	24%
Saturated Fat 1g	6%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 5g	2%
Dietary Fiber 3g	12%
Sugars 1g	

## Protein 6g

<b>Vitamin A</b>	0%	•	<b>Vitamin C</b>	0%
<b>Calcium</b>	8%	•	<b>Iron</b>	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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

NUTRITION INFORMATION

Amounts per 1 cup whole kernels (157g)

Calorie Information			
Amounts Per Selected Serving			%DV
Calories	953	(3990 kJ)	48%
From Carbohydrate	113	(473 kJ)	
From Fat	725	(3035 kJ)	
From Protein	116	(486 kJ)	
From Alcohol	0.0	(0.0 kJ)	

Carbohydrates			
Amounts Per Selected Serving			%DV
Total Carbohydrate	27.8 g		9%
Dietary Fiber	16.5 g		66%
Starch	0.9 g		
Sugars	7.1 g		

Fats & Fatty Acids			
Amounts Per Selected Serving			%DV
Total Fat	86.6 g		133%
Saturated Fat	6.6 g		33%
Monounsaturated Fat	54.6 g		
Polyunsaturated Fat	21.2 g		
Total trans fatty acids	~		
Total trans-monoenoic fatty acids	~		
Total trans-polyenoic fatty acids	~		
Total Omega-3 fatty acids	~		
Total Omega-6 fatty acids	21223 mg		

Learn more about these fatty acids and their equivalent names

Protein & Amino Acids			
Amounts Per Selected Serving			%DV
Protein	33.3 g		67%

Vitamins			
Amounts Per Selected Serving			%DV
Vitamin A	1.6 IU		0%
Vitamin C	0.0 mg		0%
Vitamin D	~		~
Vitamin E (Alpha Tocopherol)	40.8 mg		204%
Vitamin K	0.0 mcg		0%
Thiamin	0.1 mg		10%
Riboflavin	1.2 mg		72%
Niacin	5.8 mg		29%
Vitamin B6	0.2 mg		9%
Folate	42.4 mcg		11%
Vitamin B12	0.0 mcg		0%
Pantothenic Acid	0.4 mg		4%
Choline	81.8 mg		
Betaine	~		~

Minerals			
Amounts Per Selected Serving			%DV
Calcium	457 mg		46%
Iron	5.8 mg		32%
Magnesium	430 mg		108%
Phosphorus	732 mg		73%
Potassium	1097 mg		31%
Sodium	1.6 mg		0%
Zinc	4.8 mg		32%
Copper	1.5 mg		75%
Manganese	3.9 mg		193%
Selenium	4.4 mcg		6%
Fluoride	~		~

Sterols			
Amounts Per Selected Serving			%DV
Cholesterol	0.0 mg		0%
Phytosterols	204 mg		

Other			
Amounts Per Selected Serving			%DV
Alcohol	0.0 g		
Water	4.4 g		
Ash	4.9 g		
Caffeine	0.0 mg		
Theobromine	0.0 mg		

Footnotes for Nuts, almonds, oil roasted, without salt added

Source: Nutrient data for this listing was provided by USDA SR-21. Each "~" indicates a missing or incomplete value.

Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2,000 calorie reference diet. Your daily values may be higher or lower based on your individual needs.

Nutrition Data's Opinion, Completeness Score™, Fullness Factor™, Rating, Estimated Glycemic Load (eGL), and Better Choices Substitutions™ are editorial opinions of NutritionData.com, given without warranty, and are not intended to replace the advice of a nutritionist or health-care professional. Nutrition Data's opinions and ratings are based on weighted averages of the nutrient densities of those nutrients for which the FDA has established Daily Values, and do not consider other nutrients that may be important to your health or take into account your individual needs. Consequently, Nutrition Data's higher-rated foods may not necessarily be healthier for you than lower-rated ones. All foods, regardless of their rating, have the potential to play an important role in your diet.