



Blue Diamond Growers
Almond Research Center

Blanched Slivered Almonds

Description	Amount per 100 grams	Amount per 28 grams
Weights, g	100	28
Calories, kcal	581	164.7
Calories from Fat, kcal	455.6	129.2
Total Fat, g	50.62	14.4
Saturated Fat, g	3.89	1.1
Cholesterol, mg	0	0
Sodium, mg	28.0	7.9
Total Carbohydrate, g	19.94	5.7
Dietary Fiber, g	10.4	2.95
Sugars, g	4.96	1.41
Protein, g	21.94	6.22
Vitamin A, RE, mcg	1	0.284
Vitamin C, mg	0	0
Vitamin E, mg	25.00	7.10
Calcium, mg	216	61.24
Iron, mg	3.72	1.06
Moisture, g	4.47	1.27

Note: These values are averages based on laboratory analysis of replicate composite samples

Updated as of 07/12/00

USDA Nutrient Database for Standard Reference, Release 13