



ISSUE DATE: September 07, 2016

TECHNICAL INFORMATION

NUTRITION FACTS, per 100g Serving*

PRODUCT: NATURAL ALMONDS, WHOLE, SLICED, DICED, SLIVERED, MEAL

| <u>Nutrients</u> | <u>Per 100g</u> | <u>Nutrients</u> | <u>Per 100g</u> | <u>Nutrients</u> | <u>Per 100g</u> |
|-----------------------------|-----------------|-----------------------|-----------------|-----------------------|-----------------|
| Calories (kcal) | 575 | Ash (g) | 2.99 | Folate, DFE (mcg DFE) | 50 |
| Kilojoules (kj) | 2405.8 | Water (g) | 4.7 | Calcium (mg) | 264 |
| Calories from Fat (kcal) | 444.78 | Vitamin A - IU (IU) | 1 | Iron (mg) | 3.72 |
| Calories from SatFat (kcal) | 33.58 | Vitamin A - RAE (mcg) | 0.05 | Magnesium (mg) | 268 |
| Fat (g) | 49.42 | Vitamin C (mg) | 0 | Copper (mg) | 1 |
| Saturated Fat (g) | 3.73 | Vitamin D - IU (IU) | 0 | Iodine (mcg) | 2 |
| Mono Fat (g) | 30.89 | Vitamin D - mcg (mcg) | 0 | Potassium (mg) | 705 |
| Poly Fat (g) | 12.07 | Vitamin E - IU (IU) | 39.07 | Sodium (mg) | 1 |
| Trans Fatty Acid (g) | 0.02 | Vitamin E - mg (mg) | 26.22 | Zinc (mg) | 3.08 |
| Cholesterol (mg) | 0 | Vitamin B1 (mg) | 0.21 | Phosphorus (mg) | 484 |
| Protein (g) | 21.22 | Vitamin B2 (mg) | 1.01 | Manganese (mg) | 2.29 |
| Carbohydrates (g) | 21.67 | Vitamin B3 (mg) | 3.39 | Selenium (mcg) | 2.5 |
| Total Dietary Fiber (g) | 12.2 | Vitamin B6 (mg) | 0.14 | Molybdenum (mcg) | 29.5 |
| Total Soluble Fiber (g) | 1.47 | Vitamin B12 (mcg) | 0 | Chloride (mg) | 18 |
| Total Insoluble Fiber (g) | 10.73 | Pantothenic Acid (mg) | 0.47 | Choline (mg) | 52.1 |
| Total Sugars (g) | 3.89 | Vitamin K (mcg) | 0 | | |
| Added Sugar (g) | 0 | | | | |

INGREDIENTS: Almonds.

**The calculated nutrition data provided herein is based on information from current product formulation and USDA nutrition database (2015) and is subject to change. <http://ndb.nal.usda.gov/>*

†About the data: US FDA (21CFR 101.9) recognizes and accepts the use of electronic ingredient databases to compute nutritional values for product labels. When preparing nutrition labels, the FDA requests that manufacturers make a good-faith effort to provide accurate label data. Blue Diamond collects nutrient information, or data, for each ingredient from our suppliers as well as USDA nutritional database. Then we calculate the nutrient content in the final product from these data based on the formulation or recipe. We would make necessary adjustments to the nutrient values to account for changes that occur during processing, transportation and/or storage to generate accurate nutrient values for our product to the best of our knowledge.