



Blue Diamond Growers
Almond Research Center

Sliced Natural Almonds

Description	Amount per 100 grams	Amount per 28 grams
Weights, g	100	28
Calories, kcal	578	163.9
Calories from Fat, kcal	455.8	129.2
Total Fat, g	50.64	14.4
Saturated Fat, g	3.88	1.1
Cholesterol, mg	0	0
Sodium, mg	1.0	0.284
Total Carbohydrate, g	19.74	5.6
Dietary Fiber, g	11.8	3.35
Sugars, g	4.80	1.36
Protein, g	21.26	6.03
Vitamin A, RE, mcg	1	0.284
Vitamin C, mg	0	0
Vitamin E, mg	26.18	7.42
Calcium, mg	248	70.31
Iron, mg	4.29	1.22
Moisture, g	5.25	1.49

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