

00110

**Almond, W/Skin Roasted No Salt 23\25ct Vac Pac**

ING: Almonds roasted in peanut oil

**Country of Origin: USA**

<b>Nutrition Facts</b>		
Serving Size		1 oz
Servings per Container		
<b>Amount Per Serving</b>		
Calories		176
Calories from Fat		
<b>% Daily Value*</b>		
Total Fat	16g	25 %
Saturated Fat	2g	10 %
Trans Fat		%
Cholesterol	0g	0 %
Sodium	3g	1 %
Total Carbohydrates	5g	1 %
Dietary Fiber	2g	8 %
<b>Sugars</b>		
<b>Monounsaturated</b>		
Fat	11g	
<b>Polyunsaturated Fat</b>		
	3g	
Potassium	194mg	
Protein	6g	
Vitamin A	0 %	Vitamin C %
Calcium	66mg %	Iron 1mg %
* 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 then	65g	80g
Sat Fat less then	20g	25g
Cholesterol less then	300mg	300m
Sodium less then	2400mg	2400m
Total Carbohydrates	300g	375g
Dietary Fiber	25g	30
Calories per Gram		
Fat	9	Carbohydrate 4 Protein 4