



**Item:** Marconas Roasted & Salted

**Ingredients:** Almond, Sunflower Oil, Salt

# Nutrition Facts

**Serving size** 1 oz

**Amount per serving**

**Calories 179**

**% Daily Values\***

<b>Total Fat</b>	14 g	<b>18%</b>
Saturated Fat	1.4 g	<b>7%</b>
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	<b>0%</b>
<b>Sodium</b>	0.24 mg	<b>0%</b>
<b>Total Carbohydrate</b>	5.8 g	<b>2%</b>
Dietary Fiber	3 g	<b>11%</b>
Total Sugars	1.4 g	
Includes	0 g Added Sugars	<b>0%</b>
<b>Protein</b>	6.5 g	
<b>Vitamin D</b>	0 mcg	<b>0%</b>
<b>Calcium</b>	35 mg	<b>3%</b>
<b>Iron</b>	0.6 mg	<b>3%</b>
<b>Potassium</b>	157 mg	<b>3%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.