

Almonds, Raw 12/4.25oz Mini Cubes
08/29/2019

Nutrition Facts

4 servings per container

Serving size 1/4 cup (30g)

Amount per serving

Calories 170

% Daily Value*

Total Fat 15g 19%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 6g 2%

Dietary Fiber 4g 14%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 81mg 6%

Iron 1mg 6%

Potassium 220mg 4%

*The % Daily Value 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Almonds.

Contains Tree Nuts.

Made in a facility that processes peanuts, tree nuts, milk, wheat, and soy.

Low Saturated Fat

Free of Cholesterol

Free of Sodium

Good source of Protein

Good source of Fiber