

# Almonds, Whole, Natural, 1.25oz

## Nutrition Facts

300 servings per container  
**Serving size** 1.25oz (35g)

**Amount Per Serving**  
**Calories** 200

	% Daily Value*
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>

<b>Protein</b> 8g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 1.4mg	8%
Potassium 280mg	6%

\* 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.

INGREDIENTS: ALL NATURAL WHOLE ALMONDS

CONTAINS: ALMOND

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