

Raw Natural Almonds

NUTRIENT	AMOUNT PER 100g
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Basic Components

Calories	578.00
Calories from Fat	450.00
Protein	21.26 g
Carbohydrates	19.74 g
Dietary Fiber	11.80 g
Sugar – Total	4.80 g
Fat – Total	50.64 g
Saturated Fat	3.88 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	5.25 g
Ash	3.11 g

Vitamins

Vitamin A IU	10.00 IU
Vitamin C	0 mg

Minerals

Calcium	248.00 mg
Iron	4.29 mg
Sodium	1.00 mg