

**2.25 oz (63g)  
Whole Natural  
Almonds**

<b>Nutrition Facts</b>	
Serving Size 1 oz. (28g/about 1/4 cup)	
Servings Per Container about 2.5	
<b>Amount Per Serving</b>	
<b>Calories 160</b> Calories from Fat 130	
	<b>% Daily Value*</b>
<b>Total Fat 14g</b>	<b>22%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 6g</b>	<b>2%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 1g	
<b>Protein 6g</b>	
Vitamin A 0% • Vitamin C 0%	
Calcium 6% • Iron 6%	
*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 than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g

**INGREDIENTS: ALMONDS.**

**ALLERGEN INFORMATION: MAY CONTAIN PEANUTS AND/OR OTHER TREE NUTS.**

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