

Almonds

Serving Size

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grams

Amount Per Serving

Calories **410**

	% Daily Value *
Total Fat 36 g	46%
Saturated Fat 2.5 g	14%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 15 g	6%
Dietary Fiber 9 g	32%
Total Sugars 3 g	
Includes 0 g Added Sugars	0%
Protein 15 g	
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Vitamin D 0 mcg	0%
Calcium 192 mg	15%
Iron 3 mg	15%
Potassium 520 mg	10%

*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.

Allergens:

Ingredients:
