

Blue Diamond Growers Almonds, Roasted & Salt

NUTRITION FACTS	
Serving Size: ¼ cups (30g)	
Servings per Container:	
Amount per Serving	
Calories 188	Calories from Fat 95
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 112mg	5%
Total Carbohydrate 4g	1%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 7g	
Vitamin A 0% * Vitamin C 0%	
Calcium 9% * 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
Saturated 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
Calories per gram:	
Fat 9 * Carbohydrate 4 * Protein 4	

Ingredients: Almonds, peanut oil, and salt.

**Contains Tree Nuts (almonds).