Nutritional Information for

Almond Meal/Flour

Serving Size	1/4 cup (28g)
Servings Per Container	16.00
Calories	160.00
Calories from Fat	120.00
Total Fat	14.00g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.00mg
Total Carbohydrate	6.00g
Dietary Fiber	3.00g
Sugars	1.00g
Protein	6.00g
Ingredients	blanched almonds