

Marcona Almonds with Skin

Ingredients: Marcona Almonds w/ skin, extra virgin olive oil, salt

Nutrition Facts			
Serving Size 1oz (28g)			
Amount Per Serving:			
Calories: 190		Calories from Fat: 150	
		% Daily Value*	
Total fat 17g		26%	
Sat. Fat 1.5g		8%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 53mg		2%	
Potassium 240mg		7%	
Total Carb. 4.5g		2%	
Fiber 3.5g		14%	
Sugars 1g			
Protein 6.5g			
Vitamin A 0% • Vitamin C 0%			
Calcium 4% • Iron 2%			
Vitamin E 28% • Phosphorus 14%			
*Percentage Daily Value (DV) are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie intake.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	26g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber	Less than	25g	30g