

# Pizzuta Almonds

Ingredients: Pizzuta almonds

<b>Nutrition Facts</b>	
Serving Size 28g (1oz)	
<b>Amount Per Serving:</b>	
<b>Calories:174      Calories from Fat: 135</b>	
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	<b>% Daily Value*</b>
<b>Total fat</b> 15g	23%
Sat. Fat 1g	5%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Potassium</b> 218mg	6%
<b>Total Carb.</b> 6g	2%
Fiber 3g	12%
Sugars 0g	
<b>Protein</b> 6g	
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Vitamin A 0%	Vitamin C 0%
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Calcium 7%	Iron 7%
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*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