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CALPIA Whole Natural Almonds Bulk

## Nutrition Facts

324 servings per container

**Serving size** 1/4cup (35g)

Amount per serving

**Calories** 210

% Daily Value\*

**Total Fat** 18g 23%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 5mg 0%

**Total Carbohydrate** 7g 3%

Dietary Fiber 3g 11%

Total Sugars 2g

Includes 0g Added Sugars 0%

**Protein** 7g

Vitamin D 0mcg 0%

Calcium 83mg 6%

Iron 1mg 6%

Potassium 231mg 4%

\*The % Daily Value 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.

INGREDIENTS: ALMONDS.

CONTAINS TREE NUTS.

01/31/2020