

# Almonds

## NUTRITION INFORMATION

Serving size: 30g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	758kJ (181Cal)	2530kJ (604Cal)
PROTEIN	6.0g	20.0g
FAT, TOTAL	16.6g	55.2g
- SATURATED	1.1g	3.6g
CARBOHYDRATE	1.3g	4.4g
- SUGARS	1.3g	4.4g
SODIUM	less than 5mg	5mg

Ingredients: Almonds.

Contains: Nuts