

Almonds

NUTRITION INFORMATION

Serving size: 45g

| | Average Quantity per Serving | Average Quantity per 100g |
|--------------|------------------------------|---------------------------|
| ENERGY | 1140kJ (272Cal) | 2530kJ (604Cal) |
| PROTEIN | 9.0g | 20.0g |
| FAT, TOTAL | 24.8g | 55.2g |
| - SATURATED | 1.6g | 3.6g |
| CARBOHYDRATE | 2.0g | 4.4g |
| - SUGARS | 2.0g | 4.4g |
| SODIUM | less than 5mg | 5mg |

Ingredients: Almonds.

Contains: Nuts