

Almonds

NUTRITION INFORMATION

Serving size: 60g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1520kJ (362Cal)	2530kJ (604Cal)
PROTEIN	12.0g	20.0g
FAT, TOTAL	33.1g	55.2g
- SATURATED	2.2g	3.6g
CARBOHYDRATE	2.6g	4.4g
- SUGARS	2.6g	4.4g
SODIUM	less than 5mg	5mg

Ingredients: Almonds.

Contains Nuts