

**Full Report (All Nutrients) 45014519, ABOUND, UNSALTED DELUXE MIXED NUTS, UPC: 050428426388**
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**Report Date: December 11, 2017 06:03 EST**

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer CVS Pharmacy, Inc.

Nutrient	Unit	Data points	Std. Error	0.25 cup 30g	1 Value Per100 g
<b>Proximates</b>					
Energy	kcal	--	--	180	600
Protein	g	--	--	5.00	16.67
Total lipid (fat)	g	--	--	17.00	56.67
Carbohydrate, by difference	g	--	--	7.00	23.33
Fiber, total dietary	g	--	--	2.0	6.7
Sugars, total	g	--	--	1.00	3.33
<b>Minerals</b>					
Calcium, Ca	mg	--	--	40	133
Iron, Fe	mg	--	--	2.40	8.00
Magnesium, Mg	mg	--	--	133	444
Phosphorus, P	mg	--	--	250	833
Sodium, Na	mg	--	--	0	0
Copper, Cu	mg	--	--	0.500	1.667
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	0	0
<b>Lipids</b>					
Fatty acids, total saturated	g	--	--	2.499	8.330
Fatty acids, total monounsaturated	g	--	--	9.000	30.000
Fatty acids, total polyunsaturated	g	--	--	3.999	13.330
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

<b>Nutrient</b>	<b>Unit</b>	<b>Data points</b>	<b>Std. Error</b>	<b>0.25 cup 30g</b>	<b>1 Value Per100 g</b>
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**Amino Acids**

**Other**

**Ingredients**

CASHEWS, ALMONDS, BRAZIL NUTS, PECANS, BLANCHED ALMONDS, PEANUT AND/OR SOYBEAN OIL. *Date Available:* 07/14/2017 *Date Last Updated by Company:* 07/14/2017