

**Full Report (All Nutrients) 45350842, ALMONDS, UPC: 030034915315**
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**Report Date: August 17, 2019 17:06 EDT**

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 Giant Eagle, Inc.

Nutrient	Unit	Data points	Std. Error	0.25 cup 30g	1 Value Per100 g
<b>Proximates</b>					
Energy	kcal	--	--	160	533
Protein	g	--	--	4.00	13.33
Total lipid (fat)	g	--	--	11.00	36.67
Carbohydrate, by difference	g	--	--	13.00	43.33
Fiber, total dietary	g	--	--	2.0	6.7
Sugars, total	g	--	--	9.00	30.00
<b>Minerals</b>					
Calcium, Ca	mg	--	--	60	200
Iron, Fe	mg	--	--	0.72	2.40
Sodium, Na	mg	--	--	55	183
<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	--	--	0.999	3.330
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

**Amino Acids**
**Other**
**Ingredients**

 ALMONDS, SUGAR, GROUND CINNAMON, GROUND NUTMEG, GROUND CLOVES, SEA SALT. *Date Available:* 01/19/2018 *Date Last Updated by Company:* 01/19/2018