NUTRITIONAL FACTS

COYOTE SONG FARMS

Almonds Raw

Nutrition Facts

Serving Size (30g)
Servings Per Container 15

Amount Per Serving	
Calories 170	Calories from Fat 140
	% Daily Values*
Total Fat 15g	**23%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 7g	**14%**
Calcium 10% •	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients

Almonds. Product of California.
One bag contains about 380-400 pieces.

Allergen Information

Manufactured on shared equipment with peanuts, soybeans, tree nuts, milk, eggs, wheat and whey.