

# Nutrition Facts

**Almonds**

**Serving size (28g)**

**Amount Per Serving**

**Calories**

**160**

[www.ihcare.ae](http://www.ihcare.ae)

**% Daily Value\***

**Total Fat** 14g **18%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 140mg **6%**

**Total Carbohydrate** 6g **2%**

Dietary Fiber 4g **14%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 6g **12%**

Vitamin D 0mcg **0%**

Calcium 78mg **6%**

Iron 0mg **0%**

Potassium 0mg **0%**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.