



## NUTRITION FACTS

Serving Size	1/4 cup (28 grams)	12-14 halves	
Calories	190		
Calories from Fat	160		
Amount per serving			
		% daily value*	
Total Fat	18	28%	
Saturated Fat	1.5g	8%	
Trans Fat	0g		
Monounsaturated Fat	2.5g		
Polyunsaturated Fat	13g		
Omega-3 Fatty Acids	2.5g		
Alpha-Linolenic Acid			
Cholesterol	0mg	0%	
Sodium	1mg	0%	
Potassium	125 mg	4%	
Total Carbohydrates	4g	1%	
Dietary Fiber	2g	8%	
Sugar	< 1g		
Protein	4g	9%	
Vitamin A	0%	Copper	25%
Vitamin C	0%	Magnesium	10%
Calcium	2%	Phosphorous	10%
Iron	4%		

\*Percent daily values 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	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

USDA National Nutrient Database for Standard Reference, Release 26, 2013

12022 E. COMSTOCK ROAD STOCKTON, CA 95215  
 PH: 209-931-2656 FAX: 209-931-4441 [avantinut@sbcglobal.net](mailto:avantinut@sbcglobal.net)