Cinnamon Roasted Almonds

Nutrition Facts

Serving Size 1 oz (28g)

Amount Per Serving

Calories from Fat 60

Calories 130

	% Daily Values*
Total Fat 7g	**11%**
Saturated Fat 0.5g	**2%**
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Potassium 0mg	
Total Carbohydrate 17g	**6%**
Dietary Fiber 2g	**8%**
Sugars 14g	
Protein 3g	

Vitamin A -	Vitamin C -
Calcium 6%	Iron 6%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

*** Based on a RDI of 2000 calories**

Nutrition summary:

Calories	Fat	Carbs	Protein
130	7g	17g	3g

There are **130 calories** in a 1 oz serving of Cinnamon Roasted Almonds.