



4801 S. LAWNSDALE CHICAGO IL, 60632 (773) 847 – 4600

Product Name: Continental Almonds

Net Wt.: 1 lb.

Date: January 2015

Nutrition Facts	
Serving Size About 8 pieces (40g)	
Servings Per Container About 11	
Amount Per Serving	
Calories 210 Calories from Fat 110	
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 30mg	1%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 21g	
Protein 3g	
Vitamin A 0% • Vitamin C 0%	
Calcium 8% • Iron 8%	
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Milk Chocolate (Sugar, Milk, Cocoa Butter, Chocolate, Soy Lecithin [Emulsifier], Vanillin [Artificial Flavor]), Roasted Almonds (Almonds, Cocoa Butter), Corn Syrup, Confectioner's Glaze, Gum Arabic.

CONTAINS: ALMONDS, MILK, SOY.