



# Nutrition Facts

## GOLDEN ALMOND

### Nutrition Facts

Serving Size 1/2 cup (55g)

Servings Per Container 8 per lb.

Amount Per Serving	Cereal	Cereal with 1/2 cup Skim Milk
<b>Calories</b>	220	260
Calories from Fat	90	90
<b>% Daily Value*</b>		
<b>Total Fat</b> 10g	<b>16%</b>	<b>16%</b>
Saturated Fat 3g	<b>14%</b>	<b>14%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>1%</b>
<b>Sodium</b> 190mg	<b>8%</b>	<b>11%</b>
<b>Total Carbohydrate</b> 28g	<b>9%</b>	<b>11%</b>
Dietary Fiber 4g	<b>14%</b>	<b>14%</b>
Sugars 9g		
<b>Protein</b> 5g		

