

Salt almonds

Total ingredient (raw) weight: 100.00 g
Total (cooked) weight: 100.00 g
Weight change: 0.00 %

Nutrition Information		
Servings per package:	2.33	
Serving size:	30.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	730 kJ	2430 kJ
Protein	5.7 g	18.9 g
Fat, total	15.9 g	53.1 g
- saturated	1.1 g	3.6 g
Carbohydrate	1.4 g	4.7 g
- sugars	1.4 g	4.7 g
Sodium	335 mg	1120 mg

Ingredient name: Nut, almond, with skin, no added salt
11B10113

Amount: 97.00 g

Energy: 2508 kJ **Fat, total:** 54.7 g **Carbohydrate:** 4.8 g **Sodium:** 5 mg
Protein: 19.5 g **Fat saturated:** 3.7 g **Sugars:** 4.8 g

Ingredient name: Salt, sea
10F60065

Amount: 3.00 g

Energy: 0 kJ **Fat, total:** 0.0 g **Carbohydrate:** 0.0 g **Sodium:** 37034 mg
Protein: 0.0 g **Fat saturated:** 0.0 g **Sugars:** 0.0 g

NOTE: All nutrient values shown above for these ingredients are per 100g EP

Working values may differ from final NIP due to rounding.

Printed: 09:49 Tuesday, 29 May 2012