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Almonds Roasted & Salted - 1 lb.



Roasted and salted Almonds are a healthy and tasty treat. Almonds are the king of the nut family and the only alkaline (nonacid forming) nut.

Enjoy these delicious California roated & salted almonds. Almonds have more dietary fiber and calcium than any other nut! They are also an excellent source of vitamin E and unsaturated fatty acids.

From the FDA's website: "Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as Almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease".

PRODUCT #: 7009
UPC: 733739070098
SRP: $4.99
Where to Buy
Add a Comment

Nutrition Info

	Amount Per Serving	% Daily Value
Calories	180	
Calories from Fat	150	
Total Fat	16 g	25%
Saturated Fat	1.5 g	8%
Polyunsaturated fat	3 g	
Monounsaturated fat	10 g	
Cholesterol	0 mg	0%
Sodium	220 mg	9%
Total Carbohydrate	5 g	2%
Dietary Fiber	3 g	13%
Sugars	1 g	
Protein	6 g	
Vitamin A		0%
Calcium		6%
Vitamin E		8%
Vitamin C		0%
Iron		5%
Magnesium		20%

* Percent Daily Values are based on 2,000 calorie diet.
† Daily Value not established.

Details

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12.24.04 -- Avoiding Heavy Metals in Herbs
By Neil E. Levin, CCN, DANLA Nutrition Educator for NOW Foods Bloomingdale, Illinois A report published in the medical journal JAMA this week has triggered scary

Serving Size: 1 oz

Servings per container: 16

Other Ingredients: Almonds, Canola Oil, Salt

Warnings: None

Disclaimers: None

Best stored in a cool dry place.

Would you like to write a review of this item?

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