Elmhurst Unsweetened Milked Almonds

	Nutrition	Facts
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4 servings per co	ontainer
Serving size	8 fl oz (240ml)

Amount Per Serving Calories

130

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 1mg	6%
Potassium 160mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.