

Nutritional Information Per 100 Grams
#AO-35 Almond Organolicious

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)
+ AO-35	1 Serving		100.00	294.33	0.12	0.01
Total	1 Serving		100.00	294.33	0.12	0.01
Item Name	TransFat (g)	Chol (mg)	Carb (g)	Fib(16) (g)	Sugar (g)	SugAdd (g)
+ AO-35	0.00	0	73.53	3.89	66.63	66.62
Total	0.00	0	73.53	3.89	66.63	66.62
Item Name	Prot (g)	Vit A-IU (IU)	Vit C (mg)	Vit D-mcg (mcg)	Iron (mg)	Pot (mg)
+ AO-35	0.05	0.00	0	0	0.01	1.74
Total	0.05	0.00	0	0	0.01	1.74
Item Name	Calc (mg)	Sod (mg)	Ash (g)	Folate (mcg)	Fol-Acid (mcg)	Water (g)
+ AO-35	0.64	0.00	0.78	0.10	0	25.23
Total	0.64	0.00	0.78	0.10	0	25.23

10/06/2023

Nutrition Facts	
servings per container	
Serving size	(100g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 74g	27%
Dietary Fiber 4g	14%
Total Sugars 67g	
Includes 67g Added Sugars	134%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 1mg	0%
Iron 0mg	0%
Potassium 2mg	0%
*The % Daily Value 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.	