



May 27- Raw Almonds

Smart Snack

Link: No link, general snack idea

Recipe

21 almonds provide 6 grams of protein!

Enjoy a serving of almonds as a morning or afternoon snack to help fight hunger!

Yield 1 serving

Nutrition Facts

Serving Size 1 serving (27.07g)
Servings Per Container 1

Amount Per Serving

Calories 170 Calories from Fat 130

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 1g **6%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 6g **2%**

Dietary Fiber 3g **12%**

Sugars 1g

Protein 6g **11%**

Vitamin A 0% • Vitamin C 0%

Calcium 8% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.