

Simple  
Foods  
COOKING

# Blanched Almond Flour



## INGREDIENTS:

Blanched Almonds

Contains: tree nut (almond)

## Nutrition Facts

26 servings per container

**Serving size 3 Tbsp (22g)**

**Amount Per Serving**

**Calories 150**

**% Daily Value\***

**Total Fat 11g 14%**

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 0mg 0%**

**Total Carbohydrate 5g 2%**

Dietary Fiber 3g 11%

Total Sugars <1g

Includes 0g Added Sugars 0%

**Protein 6g**

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 1.1mg 6%

Potassium 0mg 0%

\* 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.



Package Weight:

24 oz. (680g)

