

Basic Report 12060, Nuts, acorn flour, full fat

Report Date: January 29, 2015 17:25 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Proximates			
Water	g	6.00	1.70
Energy	kcal	501	142
Protein	g	7.49	2.12
Total lipid (fat)	g	30.17	8.55
Carbohydrate, by difference	g	54.65	15.49
Minerals			
Calcium, Ca	mg	43	12
Iron, Fe	mg	1.21	0.34
Magnesium, Mg	mg	110	31
Phosphorus, P	mg	103	29
Potassium, K	mg	712	202
Sodium, Na	mg	0	0
Zinc, Zn	mg	0.64	0.18
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.146	0.041
Riboflavin	mg	0.154	0.044
Niacin	mg	2.382	0.675
Vitamin B-6	mg	0.688	0.195
Folate, DFE	µg	114	32
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	3	1
Vitamin A, IU	IU	51	14
Lipids			
Fatty acids, total saturated	g	3.923	1.112
Fatty acids, total monounsaturated	g	19.110	5.418

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Fatty acids, total polyunsaturated	g	5.813	1.648
Cholesterol	mg	0	0