

Basic Report 12637, Nuts, mixed nuts, oil roasted, with peanuts, with salt added [a](#)

Report Date: January 29, 2015 23:51 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 134g	1 oz 28.35g	10.0 nuts, assorted 14g
Proximates					
Water	g	2.08	2.79	0.59	0.29
Energy	kcal	607	813	172	85
Protein	g	20.04	26.85	5.68	2.81
Total lipid (fat)	g	53.95	72.29	15.29	7.55
Carbohydrate, by difference	g	21.05	28.21	5.97	2.95
Fiber, total dietary	g	7.0	9.4	2.0	1.0
Sugars, total	g	4.15	5.56	1.18	0.58
Minerals					
Calcium, Ca	mg	117	157	33	16
Iron, Fe	mg	2.61	3.50	0.74	0.37
Magnesium, Mg	mg	229	307	65	32
Phosphorus, P	mg	456	611	129	64
Potassium, K	mg	632	847	179	88
Sodium, Na	mg	273	366	77	38
Zinc, Zn	mg	3.36	4.50	0.95	0.47
Vitamins					
Vitamin C, total ascorbic acid	mg	0.5	0.7	0.1	0.1
Thiamin	mg	0.189	0.253	0.054	0.026
Riboflavin	mg	0.196	0.263	0.056	0.027
Niacin	mg	7.709	10.330	2.186	1.079
Vitamin B-6	mg	0.352	0.472	0.100	0.049
Folate, DFE	µg	83	111	24	12
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	3	4	1	0
Vitamin E (alpha-tocopherol)	mg	7.82	10.48	2.22	1.09

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	5.7	7.6	1.6	0.8
Lipids					
Fatty acids, total saturated	g	8.711	11.673	2.470	1.220
Fatty acids, total monounsaturated	g	28.488	38.174	8.076	3.988
Fatty acids, total polyunsaturated	g	14.612	19.580	4.143	2.046
Cholesterol	mg	0	0	0	0
Other					
Caffeine	mg	0	0	0	0

Footnotes

^a Includes peanuts, almonds, cashews, brazil nuts, hazelnuts, and pecans.