

Basic Report 12061, Nuts, almonds [a](#) [b](#)
Report Date: July 23, 2019 18:57 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, whole 143g	1 cup, sliced 92g	1 cup, slivered 108g	1 cup, ground 95g	1 oz (23 whole kernels) 28.35g	10 almond 12g
Proximates								
Water	g	4.41	6.31	4.06	4.76	4.19	1.25	0.53
Energy	kcal	579	828	533	625	550	164	69
Protein	g	21.15	30.24	19.46	22.84	20.09	6.00	2.54
Total lipid (fat)	g	49.93	71.40	45.94	53.92	47.43	14.16	5.99
Carbohydrate, by difference	g	21.55	30.82	19.83	23.27	20.47	6.11	2.59
Fiber, total dietary	g	12.5	17.9	11.5	13.5	11.9	3.5	1.5
Sugars, total	g	4.35	6.22	4.00	4.70	4.13	1.23	0.52
Minerals								
Calcium, Ca	mg	269	385	247	291	256	76	32
Iron, Fe	mg	3.71	5.31	3.41	4.01	3.52	1.05	0.45
Magnesium, Mg	mg	270	386	248	292	256	77	32
Phosphorus, P	mg	481	688	443	519	457	136	58
Potassium, K	mg	733	1048	674	792	696	208	88
Sodium, Na	mg	1	1	1	1	1	0	0
Zinc, Zn	mg	3.12	4.46	2.87	3.37	2.96	0.88	0.37
Vitamins								
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.205	0.293	0.189	0.221	0.195	0.058	0.025
Riboflavin	mg	1.138	1.627	1.047	1.229	1.081	0.323	0.137
Niacin	mg	3.618	5.174	3.329	3.907	3.437	1.026	0.434
Vitamin B-6	mg	0.137	0.196	0.126	0.148	0.130	0.039	0.016
Folate, DFE	µg	44	63	40	48	42	12	5
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0	0	0	0
Vitamin A, IU	IU	2	3	2	2	2	1	0

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Vitamin E (alpha-tocopherol)	mg	25.63	36.65	23.58	27.68	24.35	7.27	3.08
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Lipids								
Fatty acids, total saturated	g	3.802	5.437	3.498	4.106	3.612	1.078	0.456
Fatty acids, total monounsaturated	g	31.551	45.118	29.027	34.075	29.973	8.945	3.786
Fatty acids, total polyunsaturated	g	12.329	17.630	11.343	13.315	11.713	3.495	1.479
Fatty acids, total trans	g	0.015	0.021	0.014	0.016	0.014	0.004	0.002
Cholesterol	mg	0	0	0	0	0	0	0
Amino Acids								
Other								
Caffeine	mg	0	0	0	0	0	0	0

Footnotes

^a Unroasted

^b Other phytosterols = 58 mg/100g; these include 21 mg delta 5-avenasterol, 4 mg sitostanol, 2 mg campestanol, and 32 mg other minor phytosterols.