

Basic Report 12061, Nuts, almonds [a](#) [b](#)
Report Date: June 15, 2019 21:38 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 | 1 almond 1.2g |
|--------------------------------|------|------------------|-------------------|-------------------|----------------------|-------------------|--------------------------------|---------------|
| Proximates | | | | | | | | |
| Water | g | 4.41 | 6.31 | 4.06 | 4.76 | 4.19 | 1.25 | 0.05 |
| Energy | kcal | 579 | 828 | 533 | 625 | 550 | 164 | 7 |
| Protein | g | 21.15 | 30.24 | 19.46 | 22.84 | 20.09 | 6.00 | 0.25 |
| Total lipid (fat) | g | 49.93 | 71.40 | 45.94 | 53.92 | 47.43 | 14.16 | 0.60 |
| Carbohydrate, by difference | g | 21.55 | 30.82 | 19.83 | 23.27 | 20.47 | 6.11 | 0.26 |
| Fiber, total dietary | g | 12.5 | 17.9 | 11.5 | 13.5 | 11.9 | 3.5 | 0.1 |
| Sugars, total | g | 4.35 | 6.22 | 4.00 | 4.70 | 4.13 | 1.23 | 0.05 |
| Minerals | | | | | | | | |
| Calcium, Ca | mg | 269 | 385 | 247 | 291 | 256 | 76 | 3 |
| Iron, Fe | mg | 3.71 | 5.31 | 3.41 | 4.01 | 3.52 | 1.05 | 0.04 |
| Magnesium, Mg | mg | 270 | 386 | 248 | 292 | 256 | 77 | 3 |
| Phosphorus, P | mg | 481 | 688 | 443 | 519 | 457 | 136 | 6 |
| Potassium, K | mg | 733 | 1048 | 674 | 792 | 696 | 208 | 9 |
| 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 | 0.04 |
| 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 | 0.002 |
| Riboflavin | mg | 1.138 | 1.627 | 1.047 | 1.229 | 1.081 | 0.323 | 0.014 |
| Niacin | mg | 3.618 | 5.174 | 3.329 | 3.907 | 3.437 | 1.026 | 0.043 |
| Vitamin B-6 | mg | 0.137 | 0.196 | 0.126 | 0.148 | 0.130 | 0.039 | 0.002 |
| Folate, DFE | µg | 44 | 63 | 40 | 48 | 42 | 12 | 1 |
| 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 | 0.31 |
| 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 | 0.046 |
| Fatty acids, total monounsaturated | g | 31.551 | 45.118 | 29.027 | 34.075 | 29.973 | 8.945 | 0.379 |
| Fatty acids, total polyunsaturated | g | 12.329 | 17.630 | 11.343 | 13.315 | 11.713 | 3.495 | 0.148 |
| Fatty acids, total trans | g | 0.015 | 0.021 | 0.014 | 0.016 | 0.014 | 0.004 | 0.000 |
| 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.