

Full Report (All Nutrients) 12061, Nuts, almonds [a](#) [b](#)

Report Date: August 24, 2019 10:28 EDT

Nutrient values and weights are for edible portion.

Food Group : Nut and Seed Products

Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:5.18

Refuse:60% Refuse Description: Shells

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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 1 2 3	g	4.41	90	0.210	6.31	4.06	4.76	4.19	1.25	0.53
Energy	kcal	579	--	--	828	533	625	550	164	69
Energy	kJ	2423	--	--	3465	2229	2617	2302	687	291
Protein 1 2 3	g	21.15	91	0.110	30.24	19.46	22.84	20.09	6.00	2.54
Total lipid (fat) 1 2 3	g	49.93	90	0.280	71.40	45.94	53.92	47.43	14.16	5.99
Ash 1 2 3	g	2.97	90	0.040	4.25	2.73	3.21	2.82	0.84	0.36
Carbohydrate, by difference	g	21.55	--	--	30.82	19.83	23.27	20.47	6.11	2.59
Fiber, total dietary 1 2 3	g	12.5	89	0.200	17.9	11.5	13.5	11.9	3.5	1.5
Sugars, total 2 3	g	4.35	--	--	6.22	4.00	4.70	4.13	1.23	0.52
Sucrose 1 2 3	g	3.95	93	0.210	5.65	3.63	4.27	3.75	1.12	0.47
Glucose (dextrose) 1 2 3	g	0.17	93	0.030	0.24	0.16	0.18	0.16	0.05	0.02
Fructose 1 2 3	g	0.11	93	0.040	0.16	0.10	0.12	0.10	0.03	0.01
Lactose 1 2 3	g	0.00	93	0.000	0.00	0.00	0.00	0.00	0.00	0.00
Maltose 1 2 3	g	0.04	93	0.020	0.06	0.04	0.04	0.04	0.01	0.00
Galactose 2 3	g	0.07	88	0.020	0.10	0.06	0.08	0.07	0.02	0.01
Starch 1	g	0.72	4	0.100	1.03	0.66	0.78	0.68	0.20	0.09
Minerals										
Calcium, Ca 1 2 3	mg	269	89	7.000	385	247	291	256	76	32
Iron, Fe 1 2 3	mg	3.71	89	0.130	5.31	3.41	4.01	3.52	1.05	0.45
Magnesium, Mg 1 2 3	mg	270	88	1.000	386	248	292	256	77	32

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20:1 1 2 3	g	0.005	85	0.003	0.007	0.005	0.005	0.005	0.001	0.001
22:1 undifferentiated 1	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000	0.000
24:1 c 1	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	12.329	--	--	17.630	11.343	13.315	11.713	3.495	1.479
18:2 undifferentiated 1 2 3	g	12.324	90	0.177	17.623	11.338	13.310	11.708	3.494	1.479
18:2 n-6 c,c 2 3	g	12.320	61	0.269	17.618	11.334	13.306	11.704	3.493	1.478
18:2 CLAs 2	g	0.002	7	0.001	0.003	0.002	0.002	0.002	0.001	0.000
18:2 t not further defined 2 3	g	0.003	58	0.002	0.004	0.003	0.003	0.003	0.001	0.000
18:3 undifferentiated 1 2 3	g	0.003	90	0.002	0.004	0.003	0.003	0.003	0.001	0.000
18:3 n-3 c,c,c (ALA) 2 3	g	0.003	67	0.001	0.004	0.003	0.003	0.003	0.001	0.000
18:3 n-6 c,c,c 2 3	g	0.000	67	0.000	0.000	0.000	0.000	0.000	0.000	0.000
18:4 2	g	0.000	1	--	0.000	0.000	0.000	0.000	0.000	0.000
20:2 n-6 c,c 1 2 3	g	0.002	80	0.001	0.003	0.002	0.002	0.002	0.001	0.000
20:3 undifferentiated 1 2	g	0.000	56	0.000	0.000	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated 1	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA) 1	g	0.000	4	--	0.000	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA) 1	g	0.000	4	--	0.000	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA) 1	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total trans	g	0.015	--	--	0.021	0.014	0.016	0.014	0.004	0.002
Fatty acids, total trans-monoenoic	g	0.012	--	--	0.017	0.011	0.013	0.011	0.003	0.001
Cholesterol 3	mg	0	2	--	0	0	0	0	0	0
Stigmasterol 1 2 3 7 8 9	mg	4	82	0.000	6	4	4	4	1	0
Campesterol 1 2 3 7 8 9	mg	5	82	0.000	7	5	5	5	1	1
Beta-sitosterol 1 2 3 7 8 9	mg	130	68	6.000	186	120	140	124	37	16
Amino Acids										
Tryptophan 1 3 6	g	0.211	--	--	0.302	0.194	0.228	0.200	0.060	0.025
Threonine 1 3 6	g	0.601	--	--	0.859	0.553	0.649	0.571	0.170	0.072
Isoleucine 1 3 6	g	0.751	--	--	1.074	0.691	0.811	0.713	0.213	0.090
Leucine 1 3 6	g	1.473	--	--	2.106	1.355	1.591	1.399	0.418	0.177
Lysine 1 3 6	g	0.568	--	--	0.812	0.523	0.613	0.540	0.161	0.068
Methionine 1 3 6	g	0.157	--	--	0.225	0.144	0.170	0.149	0.045	0.019
Cystine 1 3 6	g	0.215	--	--	0.307	0.198	0.232	0.204	0.061	0.026

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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
Phenylalanine 1 3 6	g	1.132	--	--	1.619	1.041	1.223	1.075	0.321	0.136
Tyrosine 1 6	g	0.450	--	--	0.644	0.414	0.486	0.427	0.128	0.054
Valine 1 3 6	g	0.855	--	--	1.223	0.787	0.923	0.812	0.242	0.103
Arginine 1 3 6	g	2.465	--	--	3.525	2.268	2.662	2.342	0.699	0.296
Histidine 1 3 6	g	0.539	--	--	0.771	0.496	0.582	0.512	0.153	0.065
Alanine 1 3 6	g	0.999	--	--	1.429	0.919	1.079	0.949	0.283	0.120
Aspartic acid 1 3 6	g	2.639	--	--	3.774	2.428	2.850	2.507	0.748	0.317
Glutamic acid 1 3 6	g	6.206	--	--	8.875	5.710	6.702	5.896	1.759	0.745
Glycine 1 3 6	g	1.429	--	--	2.043	1.315	1.543	1.358	0.405	0.171
Proline 1 3 6	g	0.969	--	--	1.386	0.891	1.047	0.921	0.275	0.116
Serine 1 3 6	g	0.912	--	--	1.304	0.839	0.985	0.866	0.259	0.109
Other										
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0	0
Flavonoids										
Anthocyanidins										
Cyanidin 10	mg	2.5	8	0.58	3.5	2.3	2.7	2.3	0.7	0.3
Petunidin 10	mg	0.0	8	0	0.0	0.0	0.0	0.0	0.0	0.0
Delphinidin 10	mg	0.0	8	0	0.0	0.0	0.0	0.0	0.0	0.0
Malvidin 10	mg	0.0	8	0	0.0	0.0	0.0	0.0	0.0	0.0
Pelargonidin 10	mg	0.0	8	0	0.0	0.0	0.0	0.0	0.0	0.0
Peonidin 10	mg	0.0	8	0	0.0	0.0	0.0	0.0	0.0	0.0
Flavan-3-ols										
(+)-Catechin 10 11	mg	1.3	12	0.33	1.8	1.2	1.4	1.2	0.4	0.2
(-)-Epigallocatechin 10	mg	2.6	3	0.31	3.7	2.4	2.8	2.5	0.7	0.3
(-)-Epicatechin 10 11	mg	0.6	12	0.1	0.9	0.6	0.6	0.6	0.2	0.1
(-)-Epicatechin 3-gallate 10	mg	0.0	4	0	0.0	0.0	0.0	0.0	0.0	0.0
(-)-Epigallocatechin 3-gallate 10	mg	0.0	2	--	0.0	0.0	0.0	0.0	0.0	0.0
(+)-Gallocatechin 10	mg	0.0	4	0	0.0	0.0	0.0	0.0	0.0	0.0
Flavanones										
Eriodictyol 11	mg	0.2	8	0.06	0.4	0.2	0.3	0.2	0.1	0.0

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Hesperetin 10	mg	0.0	4	0	0.0	0.0	0.0	0.0	0.0	0.0
Naringenin 10 11 12	mg	0.4	51	0.05	0.6	0.4	0.5	0.4	0.1	0.1
Flavones										
Apigenin 10	mg	0.0	8	0	0.0	0.0	0.0	0.0	0.0	0.0
Luteolin 10	mg	0.0	4	0	0.0	0.0	0.0	0.0	0.0	0.0
Flavonols										
Isorhamnetin 11 12	mg	2.6	47	0.27	3.8	2.4	2.9	2.5	0.7	0.3
Kaempferol 11 12	mg	0.4	47	0.04	0.6	0.4	0.4	0.4	0.1	0.0
Myricetin 10	mg	0.0	8	0	0.0	0.0	0.0	0.0	0.0	0.0
Quercetin 10 11	mg	0.4	16	0.11	0.5	0.3	0.4	0.3	0.1	0.0
Isoflavones										
Daidzein 15 16	mg	0.00	2	--	0.00	0.00	0.00	0.00	0.00	0.00
Genistein 15 16	mg	0.01	2	--	0.01	0.00	0.01	0.00	0.00	0.00
Glycitein 16	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00	0.00
Total isoflavones 15 16	mg	0.01	2	--	0.01	0.01	0.01	0.01	0.00	0.00
Formononetin	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00	0.00
Coumestrol	mg	0.01	1	--	0.01	0.01	0.01	0.01	0.00	0.00
Proanthocyanidin										
Proanthocyanidin dimers 13 14	mg	9.3	17	3.16	13.2	8.5	10.0	8.8	2.6	1.1
Proanthocyanidin trimers 13 14	mg	7.6	17	2.71	10.9	7.0	8.2	7.2	2.2	0.9
Proanthocyanidin 4-6mers 13 14	mg	27.4	17	12.67	39.2	25.2	29.6	26.0	7.8	3.3
Proanthocyanidin 7-10mers 13 14	mg	28.2	17	10.93	40.3	25.9	30.4	26.8	8.0	3.4
Proanthocyanidin polymers (>10mers) 13	mg	80.3	8	28.09	114.8	73.8	86.7	76.2	22.8	9.6

Sources of Data

- ¹Almond Board of California **Nutrient Content of Almonds**, 1999 Modesto CA
²Almond Board of California **Nutrient content of almonds**, 2006 Modesto CA
³Almond Board of California **Nutrient Content of Almonds**, 2013 Modesto CA
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¹⁴Xie, L., Roto, A.V., and Bolling, B.W. **Characterization of ellagitannins, gallotannins, and bound proanthocyanidins from California almond (*Prunus dulcis*) varieties**, 2012 J. Agric. Food Chem. 60 pp.12151-12156

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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.

Langual Code(s)

- A0260 NUT OR NUT PRODUCT (US CFR)
- A1282 1200 NUT AND SEED PRODUCTS (USDA SR)
- B1272 ALMOND
- C0133 SEED, SKIN PRESENT, GERM PRESENT
- E0151 SOLID
- F0001 EXTENT OF HEAT TREATMENT NOT KNOWN
- G0003 COOKING METHOD NOT APPLICABLE
- H0138 WATER REMOVED
- J0116 DEHYDRATED OR DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION