

Basic Report 12131, Nuts, macadamia nuts, raw [a](#)

Report Date: August 21, 2019 09:40 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, whole or halves 134g	1 oz (10-12 kernels) 28.35g
Proximates				
Water	g	1.36	1.82	0.39
Energy	kcal	718	962	204
Protein	g	7.91	10.60	2.24
Total lipid (fat)	g	75.77	101.53	21.48
Carbohydrate, by difference	g	13.82	18.52	3.92
Fiber, total dietary	g	8.6	11.5	2.4
Sugars, total	g	4.57	6.12	1.30
Minerals				
Calcium, Ca	mg	85	114	24
Iron, Fe	mg	3.69	4.94	1.05
Magnesium, Mg	mg	130	174	37
Phosphorus, P	mg	188	252	53
Potassium, K	mg	368	493	104
Sodium, Na	mg	5	7	1
Zinc, Zn	mg	1.30	1.74	0.37
Vitamins				
Vitamin C, total ascorbic acid	mg	1.2	1.6	0.3
Thiamin	mg	1.195	1.601	0.339
Riboflavin	mg	0.162	0.217	0.046
Niacin	mg	2.473	3.314	0.701
Vitamin B-6	mg	0.275	0.368	0.078
Folate, DFE	µg	11	15	3
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0

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Vitamin E (alpha-tocopherol)	mg	0.54	0.72	0.15
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Lipids				
Fatty acids, total saturated	g	12.061	16.162	3.419
Fatty acids, total monounsaturated	g	58.877	78.895	16.692
Fatty acids, total polyunsaturated	g	1.502	2.013	0.426
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0

Footnotes
^a Unroasted