

Basic Report 12135, Nuts, mixed nuts, dry roasted, with peanuts, without salt added

Report Date: September 22, 2019 04:23 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	0.30 Value Per30 g	1 cup 131g	1 oz 28.35g
Proximates				
Water	g	0.64	2.79	0.60
Energy	kcal	182	795	172
Protein	g	5.85	25.55	5.53
Total lipid (fat)	g	16.05	70.08	15.17
Carbohydrate, by difference	g	6.73	29.37	6.36
Fiber, total dietary	g	1.9	8.4	1.8
Sugars, total	g	1.50	6.55	1.42
Minerals				
Calcium, Ca	mg	26	114	25
Iron, Fe	mg	1.12	4.89	1.06
Magnesium, Mg	mg	68	297	64
Phosphorus, P	mg	131	574	124
Potassium, K	mg	193	842	182
Sodium, Na	mg	1	5	1
Zinc, Zn	mg	1.22	5.32	1.15
Vitamins				
Vitamin C, total ascorbic acid	mg	0.2	1.0	0.2
Thiamin	mg	0.090	0.393	0.085
Riboflavin	mg	0.120	0.524	0.113
Niacin	mg	1.866	8.148	1.763
Vitamin B-6	mg	0.108	0.472	0.102
Folate, DFE	µg	18	79	17
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	1	5	1
Vitamin E (alpha-tocopherol)	mg	1.84	8.03	1.74

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	3.6	15.7	3.4
Lipids				
Fatty acids, total saturated	g	2.403	10.493	2.271
Fatty acids, total monounsaturated	g	10.360	45.237	9.790
Fatty acids, total polyunsaturated	g	2.957	12.914	2.795
Fatty acids, total trans	g	0.010	0.043	0.009
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0