

## Basic Report 12145, Nuts, pilinuts, dried

Report Date: August 23, 2019 09:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 120g	1 oz (15 kernels) 28.35g
<b>Proximates</b>				
Water	g	2.77	3.32	0.79
Energy	kcal	719	863	204
Protein	g	10.80	12.96	3.06
Total lipid (fat)	g	79.55	95.46	22.55
Carbohydrate, by difference	g	3.98	4.78	1.13
<b>Minerals</b>				
Calcium, Ca	mg	145	174	41
Iron, Fe	mg	3.53	4.24	1.00
Magnesium, Mg	mg	302	362	86
Phosphorus, P	mg	575	690	163
Potassium, K	mg	507	608	144
Sodium, Na	mg	3	4	1
Zinc, Zn	mg	2.97	3.56	0.84
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.6	0.7	0.2
Thiamin	mg	0.913	1.096	0.259
Riboflavin	mg	0.093	0.112	0.026
Niacin	mg	0.519	0.623	0.147
Vitamin B-6	mg	0.115	0.138	0.033
Folate, DFE	µg	60	72	17
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	2	2	1
Vitamin A, IU	IU	41	49	12
<b>Lipids</b>				
Fatty acids, total saturated	g	31.184	37.421	8.841
Fatty acids, total monounsaturated	g	37.229	44.675	10.554

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Fatty acids, total polyunsaturated	g	7.605	9.126	2.156
Cholesterol	mg	0	0	0

**Amino Acids**

**Other**