

Basic Report 12195, Nuts, almond butter, plain, without salt added
Report Date: August 23, 2019 09:29 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 16g	1 cup 250g
Proximates				
Water	g	1.64	0.26	4.10
Energy	kcal	614	98	1535
Protein	g	20.96	3.35	52.40
Total lipid (fat)	g	55.50	8.88	138.75
Carbohydrate, by difference	g	18.82	3.01	47.05
Fiber, total dietary	g	10.3	1.6	25.8
Sugars, total	g	4.43	0.71	11.07
Minerals				
Calcium, Ca	mg	347	56	868
Iron, Fe	mg	3.49	0.56	8.72
Magnesium, Mg	mg	279	45	698
Phosphorus, P	mg	508	81	1270
Potassium, K	mg	748	120	1870
Sodium, Na	mg	7	1	18
Zinc, Zn	mg	3.29	0.53	8.22
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.041	0.007	0.102
Riboflavin	mg	0.939	0.150	2.348
Niacin	mg	3.155	0.505	7.888
Vitamin B-6	mg	0.103	0.016	0.258
Folate, DFE	µg	53	8	132
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	1	0	2
Vitamin E (alpha-tocopherol)	mg	24.21	3.87	60.52

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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	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	4.152	0.664	10.380
Fatty acids, total monounsaturated	g	32.445	5.191	81.112
Fatty acids, total polyunsaturated	g	13.613	2.178	34.032
Cholesterol	mg	0	0	0
Amino Acids				
Other				