

Basic Report 12087, Nuts, cashew nuts, raw [a](#) [b](#)

Report Date: September 17, 2019 01:02 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Proximates			
Water	g	5.20	1.47
Energy	kcal	553	157
Protein	g	18.22	5.17
Total lipid (fat)	g	43.85	12.43
Carbohydrate, by difference	g	30.19	8.56
Fiber, total dietary	g	3.3	0.9
Sugars, total	g	5.91	1.68
Minerals			
Calcium, Ca	mg	37	10
Iron, Fe	mg	6.68	1.89
Magnesium, Mg	mg	292	83
Phosphorus, P	mg	593	168
Potassium, K	mg	660	187
Sodium, Na	mg	12	3
Zinc, Zn	mg	5.78	1.64
Vitamins			
Vitamin C, total ascorbic acid	mg	0.5	0.1
Thiamin	mg	0.423	0.120
Riboflavin	mg	0.058	0.016
Niacin	mg	1.062	0.301
Vitamin B-6	mg	0.417	0.118
Folate, DFE	µg	25	7
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Vitamin E (alpha-tocopherol)	mg	0.90	0.26
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	34.1	9.7
Lipids			
Fatty acids, total saturated	g	7.783	2.206
Fatty acids, total monounsaturated	g	23.797	6.746
Fatty acids, total polyunsaturated	g	7.845	2.224
Cholesterol	mg	0	0

Amino Acids

Other

Footnotes

^a Raw cashews have been heat-treated to safely remove kernel from shell, but not further roasted.

^b Other phytosterols = 29 mg/100g; these include 2 mg campestanol, 14 mg delta-5-avenasterol, and 13 mg other minor sterols.