

## Full Report (All Nutrients) 12084, Nuts, butternuts, dried

Report Date: December 09, 2018 18:55 EST

Nutrient values and weights are for edible portion.

Food Group : Nut and Seed Products

Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:5.3

Refuse:73% Refuse Description: Shells

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 120g	1 oz 28.35g	1 nutmeat 3g
<b>Proximates</b>							
Water	g	3.34	4	0.330	4.01	0.95	0.10
Energy	kcal	612	--	--	734	174	18
Energy	kJ	2561	--	--	3073	726	77
Protein	g	24.90	6	1.350	29.88	7.06	0.75
Total lipid (fat)	g	56.98	12	0.540	68.38	16.15	1.71
Ash	g	2.73	4	0.210	3.28	0.77	0.08
Carbohydrate, by difference	g	12.05	--	--	14.46	3.42	0.36
Fiber, total dietary	g	4.7	--	--	5.6	1.3	0.1
<b>Minerals</b>							
Calcium, Ca	mg	53	4	1.000	64	15	2
Iron, Fe	mg	4.02	4	0.190	4.82	1.14	0.12
Magnesium, Mg	mg	237	4	15.000	284	67	7
Phosphorus, P	mg	446	4	37.000	535	126	13
Potassium, K	mg	421	4	16.000	505	119	13
Sodium, Na	mg	1	4	0.000	1	0	0
Zinc, Zn	mg	3.13	4	0.450	3.76	0.89	0.09
Copper, Cu	mg	0.450	4	0.061	0.540	0.128	0.014
Manganese, Mn	mg	6.560	4	0.437	7.872	1.860	0.197
Selenium, Se	µg	17.2	--	--	20.6	4.9	0.5
<b>Vitamins</b>							
Vitamin C, total ascorbic acid	mg	3.2	--	--	3.8	0.9	0.1

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 120g	1 oz 28.35g	1 nutmeat 3g
Thiamin	mg	0.383	--	--	0.460	0.109	0.011
Riboflavin	mg	0.148	--	--	0.178	0.042	0.004
Niacin	mg	1.045	--	--	1.254	0.296	0.031
Pantothenic acid	mg	0.633	--	--	0.760	0.179	0.019
Vitamin B-6	mg	0.560	--	--	0.672	0.159	0.017
Folate, total	µg	66	--	--	79	19	2
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	66	--	--	79	19	2
Folate, DFE	µg	66	--	--	79	19	2
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	6	--	--	7	2	0
Retinol	µg	0	--	--	0	0	0
Vitamin A, IU	IU	124	--	--	149	35	4
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
<b>Lipids</b>							
Fatty acids, total saturated	g	1.306	--	--	1.567	0.370	0.039
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000	0.000
16:0	g	0.872	1	--	1.046	0.247	0.026
18:0	g	0.425	1	--	0.510	0.120	0.013
Fatty acids, total monounsaturated	g	10.425	--	--	12.510	2.955	0.313
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:1 undifferentiated	g	10.352	2	--	12.422	2.935	0.311
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	42.741	--	--	51.289	12.117	1.282
18:2 undifferentiated	g	33.727	2	--	40.472	9.562	1.012
18:3 undifferentiated	g	8.718	2	--	10.462	2.472	0.262

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 120g	1 oz 28.35g	1 nutmeat 3g
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
<b>Amino Acids</b>							
Tryptophan	g	0.366	4	--	0.439	0.104	0.011
Threonine	g	0.940	2	--	1.128	0.266	0.028
Isoleucine	g	1.179	2	--	1.415	0.334	0.035
Leucine	g	2.199	2	--	2.639	0.623	0.066
Lysine	g	0.770	2	--	0.924	0.218	0.023
Methionine	g	0.611	6	--	0.733	0.173	0.018
Cystine	g	0.484	6	--	0.581	0.137	0.015
Phenylalanine	g	1.442	2	--	1.730	0.409	0.043
Tyrosine	g	0.977	2	--	1.172	0.277	0.029
Valine	g	1.541	2	--	1.849	0.437	0.046
Arginine	g	4.862	2	--	5.834	1.378	0.146
Histidine	g	0.808	2	--	0.970	0.229	0.024
Alanine	g	1.372	2	--	1.646	0.389	0.041
Aspartic acid	g	3.096	2	--	3.715	0.878	0.093
Glutamic acid	g	6.084	2	--	7.301	1.725	0.183
Glycine	g	1.508	2	--	1.810	0.428	0.045
Proline	g	1.236	2	--	1.483	0.350	0.037
Serine	g	1.640	2	--	1.968	0.465	0.049
<b>Other</b>							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0

**Languag Code(s)**

- A0260 NUT OR NUT PRODUCT (US CFR)
- A1282 1200 NUT AND SEED PRODUCTS (USDA SR)
- B1453 BUTTERNUT
- C0155 SEED
- E0150 WHOLE, NATURAL SHAPE
- F0001 EXTENT OF HEAT TREATMENT NOT KNOWN
- G0003 COOKING METHOD NOT APPLICABLE
- H0138 WATER REMOVED
- J0116 DEHYDRATED OR DRIED
- K0003 NO PACKING MEDIUM USED

- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION