

Basic Report 12085, Nuts, cashew nuts, dry roasted, without salt added

Report Date: July 24, 2017 06:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, halves and whole 137g	1 tbsp 8.6g	1 oz 28.35g
Proximates					
Water	g	1.70	2.33	0.15	0.48
Energy	kcal	574	786	49	163
Protein	g	15.31	20.97	1.32	4.34
Total lipid (fat)	g	46.35	63.50	3.99	13.14
Carbohydrate, by difference	g	32.69	44.79	2.81	9.27
Fiber, total dietary	g	3.0	4.1	0.3	0.9
Sugars, total	g	5.01	6.86	0.43	1.42
Minerals					
Calcium, Ca	mg	45	62	4	13
Iron, Fe	mg	6.00	8.22	0.52	1.70
Magnesium, Mg	mg	260	356	22	74
Phosphorus, P	mg	490	671	42	139
Potassium, K	mg	565	774	49	160
Sodium, Na	mg	16	22	1	5
Zinc, Zn	mg	5.60	7.67	0.48	1.59
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.200	0.274	0.017	0.057
Riboflavin	mg	0.200	0.274	0.017	0.057
Niacin	mg	1.400	1.918	0.120	0.397
Vitamin B-6	mg	0.256	0.351	0.022	0.073
Folate, DFE	µg	69	95	6	20
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.92	1.26	0.08	0.26

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	34.7	47.5	3.0	9.8
Lipids					
Fatty acids, total saturated	g	9.157	12.545	0.788	2.596
Fatty acids, total monounsaturated	g	27.317	37.424	2.349	7.744
Fatty acids, total polyunsaturated	g	7.836	10.735	0.674	2.222
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0