

## Full Report (All Nutrients) 12085, Nuts, cashew nuts, dry roasted, without salt added

Report Date: July 19, 2019 07:00 EDT

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

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves and whole 137g	1 tbsp 8.6g	1 oz 28.35g
<b>Proximates</b>							
Water	g	1.70	2	--	2.33	0.15	0.48
Energy	kcal	574	--	--	786	49	163
Energy	kJ	2402	--	--	3291	207	681
Protein	g	15.31	2	--	20.97	1.32	4.34
Total lipid (fat)	g	46.35	2	--	63.50	3.99	13.14
Ash	g	3.95	2	--	5.41	0.34	1.12
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
<b>Minerals</b>							
Calcium, Ca	mg	45	1	--	62	4	13
Iron, Fe	mg	6.00	1	--	8.22	0.52	1.70
Magnesium, Mg	mg	260	1	--	356	22	74
Phosphorus, P	mg	490	1	--	671	42	139
Potassium, K	mg	565	2	--	774	49	160
Sodium, Na	mg	16	--	--	22	1	5
Zinc, Zn	mg	5.60	1	--	7.67	0.48	1.59
Copper, Cu	mg	2.220	--	--	3.041	0.191	0.629
Manganese, Mn	mg	0.826	--	--	1.132	0.071	0.234
Selenium, Se	µg	11.7	--	--	16.0	1.0	3.3
<b>Vitamins</b>							
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves and whole 137g	1 tbsp 8.6g	1 oz 28.35g
Thiamin	mg	0.200	1	--	0.274	0.017	0.057
Riboflavin	mg	0.200	1	--	0.274	0.017	0.057
Niacin	mg	1.400	1	--	1.918	0.120	0.397
Pantothenic acid	mg	1.217	--	--	1.667	0.105	0.345
Vitamin B-6	mg	0.256	--	--	0.351	0.022	0.073
Folate, total	µg	69	--	--	95	6	20
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	69	--	--	95	6	20
Folate, DFE	µg	69	--	--	95	6	20
Choline, total	mg	61.0	--	--	83.6	5.2	17.3
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0	0
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	0	--	--	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	0	--	--	0	0	0
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	23	--	--	32	2	7
Vitamin E (alpha-tocopherol)	mg	0.92	--	--	1.26	0.08	0.26
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
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
<b>Lipids</b>							
Fatty acids, total saturated	g	9.157	--	--	12.545	0.788	2.596
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	0.132	1	--	0.181	0.011	0.037
10:0	g	0.132	1	--	0.181	0.011	0.037
12:0	g	0.784	2	--	1.074	0.067	0.222
14:0	g	0.347	3	--	0.475	0.030	0.098

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves and whole 137g	1 tbsp 8.6g	1 oz 28.35g
16:0	g	4.351	20	--	5.961	0.374	1.234
18:0	g	2.972	20	--	4.072	0.256	0.843
Fatty acids, total monounsaturated	g	27.317	--	--	37.424	2.349	7.744
16:1 undifferentiated	g	0.318	13	--	0.436	0.027	0.090
18:1 undifferentiated	g	26.808	21	--	36.727	2.305	7.600
20:1	g	0.139	4	--	0.190	0.012	0.039
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	7.836	--	--	10.735	0.674	2.222
18:2 undifferentiated	g	7.660	22	--	10.494	0.659	2.172
18:3 undifferentiated	g	0.161	8	--	0.221	0.014	0.046
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
Phytosterols	mg	158	--	--	216	14	45
<b>Amino Acids</b>							
Tryptophan	g	0.237	5	--	0.325	0.020	0.067
Threonine	g	0.592	10	--	0.811	0.051	0.168
Isoleucine	g	0.731	9	--	1.001	0.063	0.207
Leucine	g	1.285	10	--	1.760	0.111	0.364
Lysine	g	0.817	10	--	1.119	0.070	0.232
Methionine	g	0.274	10	--	0.375	0.024	0.078
Cystine	g	0.283	10	--	0.388	0.024	0.080
Phenylalanine	g	0.791	10	--	1.084	0.068	0.224
Tyrosine	g	0.491	10	--	0.673	0.042	0.139
Valine	g	1.040	10	--	1.425	0.089	0.295
Arginine	g	1.741	10	--	2.385	0.150	0.494
Histidine	g	0.399	10	--	0.547	0.034	0.113
Alanine	g	0.702	10	--	0.962	0.060	0.199
Aspartic acid	g	1.505	10	--	2.062	0.129	0.427
Glutamic acid	g	3.624	10	--	4.965	0.312	1.027

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves and whole 137g	1 tbsp 8.6g	1 oz 28.35g
Glycine	g	0.803	10	--	1.100	0.069	0.228
Proline	g	0.690	10	--	0.945	0.059	0.196
Serine	g	0.849	10	--	1.163	0.073	0.241
<b>Other</b>							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0

**Languag Code(s)**

- A0260 NUT OR NUT PRODUCT (US CFR)
- A1282 1200 NUT AND SEED PRODUCTS (USDA SR)
- B1221 CASHEW
- C0155 SEED
- E0151 SOLID
- F0014 FULLY HEAT-TREATED
- G0005 BAKED OR ROASTED
- 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
- P0078 NO SALT ADDED CLAIM OR USE