

Statistics Report 12085, Nuts, cashew nuts, dry roasted, without salt added
Report Date: September 18, 2019 02:33 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|-----------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| Proximates | | | | | | | | | | | | | |
| Water | g | 1.70 | 2 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Energy | kcal | 574 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 09/1984 |
| Energy | kJ | 2402 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 11/2006 |
| Protein | g | 15.31 | 2 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Total lipid (fat) | g | 46.35 | 2 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Ash | g | 3.95 | 2 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Carbohydrate, by difference | g | 32.69 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 09/1984 |
| Fiber, total dietary | g | 3.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 09/1984 |
| Sugars, total | g | 5.01 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 12086 | 11/2002 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca | mg | 45 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |

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|--------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Iron, Fe | mg | 6.00 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Magnesium, Mg | mg | 260 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Phosphorus, P | mg | 490 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Potassium, K | mg | 565 | 2 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Sodium, Na | mg | 16 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Zinc, Zn | mg | 5.60 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Copper, Cu | mg | 2.220 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Manganese, Mn | mg | 0.826 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 09/1984 |
| Selenium, Se | µg | 11.7 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 12/1997 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Thiamin | mg | 0.200 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |

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|---------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Riboflavin | mg | 0.200 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Niacin | mg | 1.400 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Pantothenic acid | mg | 1.217 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Vitamin B-6 | mg | 0.256 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Folate, total | µg | 69 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Folic acid | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 01/2001 |
| Folate, food | µg | 69 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/2006 |
| Folate, DFE | µg | 69 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 11/2006 |
| Choline, total | mg | 61.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 12086 | 11/2006 |
| Vitamin B-12 | µg | 0.00 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 09/1984 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Vitamin A, RAE | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 11/2006 |
| Retinol | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 06/2002 |
| Carotene, beta | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 12086 | 11/2002 |

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|------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Carotene, alpha | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 12086 | 11/2002 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 12086 | 11/2002 |
| Vitamin A, IU | IU | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Lycopene | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 12086 | 11/2002 |
| Lutein + zeaxanthin | µg | 23 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 12086 | 11/2002 |
| Vitamin E (alpha-tocopherol) | mg | 0.92 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 12086 | 11/2002 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 03/2009 |
| Vitamin D | IU | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 03/2009 |
| Vitamin K (phylloquinone) | µg | 34.7 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | 12086 | 11/2002 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 9.157 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| 4:0 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 6:0 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 8:0 | g | 0.132 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |

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|------------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| 10:0 | g | 0.132 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| 12:0 | g | 0.784 | 2 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| 14:0 | g | 0.347 | 3 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| 16:0 | g | 4.351 | 20 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| 18:0 | g | 2.972 | 20 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Fatty acids, total monounsaturated | g | 27.317 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| 16:1 undifferentiated | g | 0.318 | 13 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| 18:1 undifferentiated | g | 26.808 | 21 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| 20:1 | g | 0.139 | 4 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |

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|------------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Fatty acids, total polyunsaturated | g | 7.836 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| 18:2 undifferentiated | g | 7.660 | 22 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| 18:3 undifferentiated | g | 0.161 | 8 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| 18:4 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| Cholesterol | mg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 09/1984 |
| Phytosterols | mg | 158 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |

Amino Acids

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|---------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Tryptophan | g | 0.237 | 5 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Threonine | g | 0.592 | 10 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Isoleucine | g | 0.731 | 9 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Leucine | g | 1.285 | 10 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Lysine | g | 0.817 | 10 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Methionine | g | 0.274 | 10 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Cystine | g | 0.283 | 10 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Phenylalanine | g | 0.791 | 10 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Tyrosine | g | 0.491 | 10 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Valine | g | 1.040 | 10 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |

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|----------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Arginine | g | 1.741 | 10 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Histidine | g | 0.399 | 10 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Alanine | g | 0.702 | 10 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Aspartic acid | g | 1.505 | 10 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Glutamic acid | g | 3.624 | 10 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Glycine | g | 0.803 | 10 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Proline | g | 0.690 | 10 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Serine | g | 0.849 | 10 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1984 |
| Other | | | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 04/1985 |
| Caffeine | mg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 11/2002 |
| Theobromine | mg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 11/2002 |