

Basic Report 12122, Nuts, hazelnuts or filberts, dry roasted, without salt added

Report Date: July 23, 2019 18:44 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Proximates			
Water	g	2.52	0.71
Energy	kcal	646	183
Protein	g	15.03	4.26
Total lipid (fat)	g	62.40	17.69
Carbohydrate, by difference	g	17.60	4.99
Fiber, total dietary	g	9.4	2.7
Sugars, total	g	4.89	1.39
Minerals			
Calcium, Ca	mg	123	35
Iron, Fe	mg	4.38	1.24
Magnesium, Mg	mg	173	49
Phosphorus, P	mg	310	88
Potassium, K	mg	755	214
Sodium, Na	mg	0	0
Zinc, Zn	mg	2.50	0.71
Vitamins			
Vitamin C, total ascorbic acid	mg	3.8	1.1
Thiamin	mg	0.338	0.096
Riboflavin	mg	0.123	0.035
Niacin	mg	2.050	0.581
Vitamin B-6	mg	0.620	0.176
Folate, DFE	µg	88	25
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	3	1
Vitamin A, IU	IU	61	17
Vitamin E (alpha-tocopherol)	mg	15.28	4.33

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Lipids			
Fatty acids, total saturated	g	4.511	1.279
Fatty acids, total monounsaturated	g	46.608	13.213
Fatty acids, total polyunsaturated	g	8.463	2.399
Cholesterol	mg	0	0
Amino Acids			
Other			