

Basic Report 12137, Nuts, mixed nuts, oil roasted, with peanuts, without salt added [a](#)

Report Date: August 23, 2019 10:23 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 134g	1 oz 28.35g
Proximates				
Water	g	2.08	2.79	0.59
Energy	kcal	607	813	172
Protein	g	20.04	26.85	5.68
Total lipid (fat)	g	53.95	72.29	15.29
Carbohydrate, by difference	g	21.05	28.21	5.97
Fiber, total dietary	g	7.0	9.4	2.0
Sugars, total	g	4.15	5.56	1.18
Minerals				
Calcium, Ca	mg	117	157	33
Iron, Fe	mg	2.61	3.50	0.74
Magnesium, Mg	mg	229	307	65
Phosphorus, P	mg	456	611	129
Potassium, K	mg	632	847	179
Sodium, Na	mg	5	7	1
Zinc, Zn	mg	3.36	4.50	0.95
Vitamins				
Vitamin C, total ascorbic acid	mg	0.5	0.7	0.1
Thiamin	mg	0.189	0.253	0.054
Riboflavin	mg	0.196	0.263	0.056
Niacin	mg	7.709	10.330	2.186
Vitamin B-6	mg	0.352	0.472	0.100
Folate, DFE	µg	83	111	24
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	3	4	1

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Vitamin E (alpha-tocopherol)	mg	7.82	10.48	2.22
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	5.7	7.6	1.6

Lipids

Fatty acids, total saturated	g	8.711	11.673	2.470
Fatty acids, total monounsaturated	g	28.488	38.174	8.076
Fatty acids, total polyunsaturated	g	14.612	19.580	4.143
Fatty acids, total trans	g	0.055	0.074	0.016
Cholesterol	mg	0	0	0

Amino Acids

Other

Footnotes

^a Includes peanuts, almonds, cashews, brazil nuts, hazelnuts, and pecans.