

## Basic Report 12140, Nuts, formulated, wheat-based, unflavored, with salt added

Report Date: June 18, 2019 06:56 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
<b>Proximates</b>			
Water	g	2.50	0.71
Energy	kcal	622	176
Protein	g	13.82	3.92
Total lipid (fat)	g	57.70	16.36
Carbohydrate, by difference	g	23.68	6.71
Fiber, total dietary	g	5.2	1.5
<b>Minerals</b>			
Calcium, Ca	mg	26	7
Iron, Fe	mg	2.40	0.68
Magnesium, Mg	mg	58	16
Phosphorus, P	mg	371	105
Potassium, K	mg	318	90
Sodium, Na	mg	505	143
Zinc, Zn	mg	2.94	0.83
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.1	0.0
Thiamin	mg	0.300	0.085
Riboflavin	mg	0.300	0.085
Niacin	mg	1.500	0.425
Vitamin B-6	mg	0.394	0.112
Folate, DFE	µg	142	40
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	1	0
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 oz 28.35g</b>
<b>Lipids</b>			
Fatty acids, total saturated	g	8.701	2.467
Fatty acids, total monounsaturated	g	23.545	6.675
Fatty acids, total polyunsaturated	g	22.714	6.439
Cholesterol	mg	0	0

**Amino Acids**

**Other**