

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

Report Date: July 19, 2019 06:18 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Proximates			
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
Minerals			
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
Vitamins			
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

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Lipids			
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