

**Basic Report 12154, Nuts, walnuts, black, dried [a](#)**
**Report Date: July 22, 2019 20:48 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 125g	1 tbsp 7.8g	1 oz 28.35g
<b>Proximates</b>					
Water	g	4.56	5.70	0.36	1.29
Energy	kcal	619	774	48	175
Protein	g	24.06	30.07	1.88	6.82
Total lipid (fat)	g	59.33	74.16	4.63	16.82
Carbohydrate, by difference	g	9.58	11.97	0.75	2.72
Fiber, total dietary	g	6.8	8.5	0.5	1.9
Sugars, total	g	1.10	1.38	0.09	0.31
<b>Minerals</b>					
Calcium, Ca	mg	61	76	5	17
Iron, Fe	mg	3.12	3.90	0.24	0.88
Magnesium, Mg	mg	201	251	16	57
Phosphorus, P	mg	513	641	40	145
Potassium, K	mg	523	654	41	148
Sodium, Na	mg	2	2	0	1
Zinc, Zn	mg	3.37	4.21	0.26	0.96
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	1.7	2.1	0.1	0.5
Thiamin	mg	0.057	0.071	0.004	0.016
Riboflavin	mg	0.130	0.163	0.010	0.037
Niacin	mg	0.470	0.588	0.037	0.133
Vitamin B-6	mg	0.583	0.729	0.045	0.165
Folate, DFE	µg	31	39	2	9
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	2	2	0	1
Vitamin A, IU	IU	40	50	3	11

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Vitamin E (alpha-tocopherol)	mg	2.08	2.60	0.16	0.59
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	2.7	3.4	0.2	0.8
<b>Lipids</b>					
Fatty acids, total saturated	g	3.483	4.354	0.272	0.987
Fatty acids, total monounsaturated	g	15.442	19.302	1.204	4.378
Fatty acids, total polyunsaturated	g	36.437	45.546	2.842	10.330
Cholesterol	mg	0	0	0	0
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0

**Footnotes**

<sup>a</sup> Additional phytosterols total 57 mg/100 g; these include delta 5-avenasterol + sitostanol (28.7) and other minor sterols (28.3).