

Basic Report 12155, Nuts, walnuts, english [a](#) [b](#)
Report Date: September 21, 2019 17:38 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 117g	1 cup, ground 80g	1 cup, in shell, edible yield (7 nuts) 28g	1 cup shelled (50 halves) 100g	1 cup pieces or chips 120g	1 oz (14 halves) 28.35g
Proximates								
Water	g	4.07	4.76	3.26	1.14	4.07	4.88	1.15
Energy	kcal	654	765	523	183	654	785	185
Protein	g	15.23	17.82	12.18	4.26	15.23	18.28	4.32
Total lipid (fat)	g	65.21	76.30	52.17	18.26	65.21	78.25	18.49
Carbohydrate, by difference	g	13.71	16.04	10.97	3.84	13.71	16.45	3.89
Fiber, total dietary	g	6.7	7.8	5.4	1.9	6.7	8.0	1.9
Sugars, total	g	2.61	3.05	2.09	0.73	2.61	3.13	0.74
Minerals								
Calcium, Ca	mg	98	115	78	27	98	118	28
Iron, Fe	mg	2.91	3.40	2.33	0.81	2.91	3.49	0.82
Magnesium, Mg	mg	158	185	126	44	158	190	45
Phosphorus, P	mg	346	405	277	97	346	415	98
Potassium, K	mg	441	516	353	123	441	529	125
Sodium, Na	mg	2	2	2	1	2	2	1
Zinc, Zn	mg	3.09	3.62	2.47	0.87	3.09	3.71	0.88
Vitamins								
Vitamin C, total ascorbic acid	mg	1.3	1.5	1.0	0.4	1.3	1.6	0.4
Thiamin	mg	0.341	0.399	0.273	0.095	0.341	0.409	0.097
Riboflavin	mg	0.150	0.176	0.120	0.042	0.150	0.180	0.043
Niacin	mg	1.125	1.316	0.900	0.315	1.125	1.350	0.319
Vitamin B-6	mg	0.537	0.628	0.430	0.150	0.537	0.644	0.152
Folate, DFE	µg	98	115	78	27	98	118	28
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	1	1	1	0	1	1	0
Vitamin A, IU	IU	20	23	16	6	20	24	6

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Vitamin E (alpha-tocopherol)	mg	0.70	0.82	0.56	0.20	0.70	0.84	0.20
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	2.7	3.2	2.2	0.8	2.7	3.2	0.8
Lipids								
Fatty acids, total saturated	g	6.126	7.167	4.901	1.715	6.126	7.351	1.737
Fatty acids, total monounsaturated	g	8.933	10.452	7.146	2.501	8.933	10.720	2.533
Fatty acids, total polyunsaturated	g	47.174	55.194	37.739	13.209	47.174	56.609	13.374
Cholesterol	mg	0	0	0	0	0	0	0
Amino Acids								
Other								
Caffeine	mg	0	0	0	0	0	0	0

Footnotes

^a Unroasted

^b Other phytosterols total 18.2 mg/100g; these include delta 5-avenasterol (7.3), campestanol (2.3), and other minor phytosterols (8.6 mg).