

Basic Report 12200, Nuts, formulated, wheat-based, all flavors except macadamia, without salt

Report Date: June 18, 2019 12:56 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Proximates			
Water	g	2.00	0.57
Energy	kcal	647	183
Protein	g	13.11	3.72
Total lipid (fat)	g	62.30	17.66
Carbohydrate, by difference	g	20.79	5.89
Fiber, total dietary	g	5.2	1.5
Minerals			
Calcium, Ca	mg	22	6
Iron, Fe	mg	2.60	0.74
Magnesium, Mg	mg	59	17
Phosphorus, P	mg	366	104
Potassium, K	mg	320	91
Sodium, Na	mg	91	26
Zinc, Zn	mg	2.96	0.84
Vitamins			
Vitamin C, total ascorbic acid	mg	0.1	0.0
Thiamin	mg	0.400	0.113
Riboflavin	mg	0.300	0.085
Niacin	mg	1.500	0.425
Vitamin B-6	mg	0.348	0.099
Folate, DFE	µg	125	35
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	9.370	2.656
Fatty acids, total monounsaturated	g	25.722	7.292
Fatty acids, total polyunsaturated	g	24.284	6.885
Cholesterol	mg	0	0

Amino Acids

Other