

Basic Report 12588, Nuts, cashew butter, plain, with salt added

Report Date: September 23, 2017 14:27 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 tbsp 16g | 1 oz 28.35g |
|--------------------------------|------|------------------------|---------------|----------------|
| Proximates | | | | |
| Water | g | 2.34 | 0.37 | 0.66 |
| Energy | kcal | 609 | 97 | 173 |
| Protein | g | 12.12 | 1.94 | 3.44 |
| Total lipid (fat) | g | 53.03 | 8.48 | 15.03 |
| Carbohydrate, by difference | g | 30.30 | 4.85 | 8.59 |
| Fiber, total dietary | g | 3.0 | 0.5 | 0.9 |
| Sugars, total | g | 9.09 | 1.45 | 2.58 |
| Minerals | | | | |
| Calcium, Ca | mg | 61 | 10 | 17 |
| Iron, Fe | mg | 4.91 | 0.79 | 1.39 |
| Magnesium, Mg | mg | 206 | 33 | 58 |
| Phosphorus, P | mg | 388 | 62 | 110 |
| Potassium, K | mg | 447 | 72 | 127 |
| Sodium, Na | mg | 295 | 47 | 84 |
| Zinc, Zn | mg | 4.43 | 0.71 | 1.26 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.158 | 0.025 | 0.045 |
| Riboflavin | mg | 0.159 | 0.025 | 0.045 |
| Niacin | mg | 1.108 | 0.177 | 0.314 |
| Vitamin B-6 | mg | 0.203 | 0.032 | 0.058 |
| Folate, DFE | µg | 55 | 9 | 16 |
| Vitamin B-12 | µg | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 0 | 0 | 0 |
| Vitamin A, IU | IU | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 5.08 | 0.81 | 1.44 |

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| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 30.3 | 4.8 | 8.6 |
| Lipids | | | | |
| Fatty acids, total saturated | g | 10.606 | 1.697 | 3.007 |
| Fatty acids, total monounsaturated | g | 26.709 | 4.273 | 7.572 |
| Fatty acids, total polyunsaturated | g | 13.371 | 2.139 | 3.791 |
| Fatty acids, total trans | g | 0.000 | 0.000 | 0.000 |
| Cholesterol | mg | 0 | 0 | 0 |
| Amino Acids | | | | |
| Other | | | | |
| Caffeine | mg | 0 | 0 | 0 |