

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

Report Date: November 18, 2017 14:40 EST

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