

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

Report Date: July 25, 2017 18:50 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 16g	1 oz 28.35g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0