

Basic Report 12695, Nuts, almond butter, plain, with salt added

Report Date: July 19, 2019 19:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 16g	1 cup 250g
Proximates				
Water	g	1.64	0.26	4.10
Energy	kcal	614	98	1535
Protein	g	20.96	3.35	52.40
Total lipid (fat)	g	55.50	8.88	138.75
Carbohydrate, by difference	g	18.82	3.01	47.05
Fiber, total dietary	g	10.3	1.6	25.8
Sugars, total	g	6.27	1.00	15.68
Minerals				
Calcium, Ca	mg	347	56	868
Iron, Fe	mg	3.49	0.56	8.72
Magnesium, Mg	mg	279	45	698
Phosphorus, P	mg	508	81	1270
Potassium, K	mg	748	120	1870
Sodium, Na	mg	227	36	568
Zinc, Zn	mg	3.29	0.53	8.22
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.041	0.007	0.102
Riboflavin	mg	0.939	0.150	2.348
Niacin	mg	3.155	0.505	7.888
Vitamin B-6	mg	0.103	0.016	0.258
Folate, DFE	µg	53	8	132
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	1	0	2
Vitamin E (alpha-tocopherol)	mg	24.21	3.87	60.52

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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	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	6.550	1.048	16.375
Fatty acids, total monounsaturated	g	32.445	5.191	81.112
Fatty acids, total polyunsaturated	g	13.613	2.178	34.032
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0