

Full Report (All Nutrients) 45276531, RAW CASHEWS, UPC: 019061092848
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Report Date: September 15, 2019 21:08 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Nutrient	Unit	Data points	Std. Error	0.25 cup 30g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	160	533
Protein	g	--	--	5.00	16.67
Total lipid (fat)	g	--	--	14.00	46.67
Carbohydrate, by difference	g	--	--	9.00	30.00
Fiber, total dietary	g	--	--	1.0	3.3
Sugars, total	g	--	--	2.00	6.67
Minerals					
Calcium, Ca	mg	--	--	20	67
Iron, Fe	mg	--	--	0.00	0.00
Sodium, Na	mg	--	--	5	17
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	1.2	4.0
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	3.000	10.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0
Amino Acids					
Other					