

**Statistics Report 12061, Nuts, almonds [a](#) [b](#)**
**Report Date: February 08, 2019 03:08 EST**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	4.41	90	0.210	3,2	6,3	3.0	3.69	5.12	3	Analytical or derived from analytical	--	04/2013
Energy	kcal	579	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2013
Energy	kJ	2423	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2013
Protein <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	21.15	91	0.110	16,82	25,43	2.0	20.42	21.86	3	Analytical or derived from analytical	--	04/2013
Total lipid (fat) <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	49.93	90	0.280	43,7	54,1	3.0	48.94	50.92	3	Analytical or derived from analytical	--	04/2013
Ash <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	2.97	90	0.040	2,29	3,42	3.0	2.82	3.1	3	Analytical or derived from analytical	--	04/2013
Carbohydrate, by difference	g	21.55	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2013
Fiber, total dietary <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	12.5	89	0.200	7,9	19,3	3.0	11.5	13.5	3	Analytical or derived from analytical	--	04/2013
Sugars, total <a href="#">2</a> <a href="#">3</a>	g	4.35	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2014
Sucrose <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	3.95	93	0.210	2,5	5,12	3.0	3.3	4.6	3	Analytical or derived from analytical	--	04/2013
Glucose (dextrose) <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.17	93	0.030	0	0,87	3.0	0.05	0.28	3	Analytical or derived from analytical	--	04/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fructose <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.11	93	0.040	0	0,83	3.0	-0.02	0.25	3	Analytical or derived from analytical	--	04/2013
Lactose <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.00	93	0.000	0	0,02	3.0	--	--	3	Analytical or derived from analytical	--	05/2007
Maltose <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.04	93	0.020	0	0,14	2.0	-0.03	0.11	3	Analytical or derived from analytical	--	05/2007
Galactose <a href="#">2</a> <a href="#">3</a>	g	0.07	88	0.020	0	0,78	2.0	-0.02	0.16	2	Analytical or derived from analytical	--	04/2013
Starch <a href="#">1</a>	g	0.72	4	0.100	0,66	0,97	3.0	0.4	1.04	1	Analytical or derived from analytical	--	04/2013
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	269	89	7.000	198	373	2.0	237.0	299.0	3	Analytical or derived from analytical	--	04/2013
Iron, Fe <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	3.71	89	0.130	2,58	5,12	2.0	3.15	4.26	3	Analytical or derived from analytical	--	04/2013
Magnesium, Mg <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	270	88	1.000	224	303	6.0	267.0	273.0	3	Analytical or derived from analytical	--	04/2013
Phosphorus, P <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	481	88	6.000	364	569	4.0	462.0	499.0	3	Analytical or derived from analytical	--	04/2013
Potassium, K <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	733	88	16.000	543	902	2.0	647.0	819.0	3	Analytical or derived from analytical	--	04/2013
Sodium, Na <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	1	85	0.000	0	11	3.0	--	2.0	3	Analytical or derived from analytical	--	05/2007
Zinc, Zn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	3.12	86	0.060	2,02	4,03	4.0	2.93	3.3	3	Analytical or derived from analytical	--	04/2013
Copper, Cu <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	1.031	86	0.050	0,46	1,57	2.0	0.75	1.312	3	Analytical or derived from analytical	--	04/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Manganese, Mn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	2.179	88	0.075	1,31	3,98	3.0	1.95	2.408	3	Analytical or derived from analytical	--	04/2013
Selenium, Se <a href="#">1</a> <a href="#">2</a> <a href="#">4</a> <a href="#">5</a>	µg	4.1	26	2.400	0	15	2.0	-6.4	14.6	4	Analytical or derived from analytical	--	04/2013
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a> <a href="#">2</a>	mg	0.0	49	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2007
Thiamin <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.205	85	0.009	0,1	0,28	3.0	0.175	0.235	3	Analytical or derived from analytical	--	04/2013
Riboflavin <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	1.138	88	0.115	0,46	2,26	3.0	0.762	1.515	3	Analytical or derived from analytical	--	04/2013
Niacin <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	3.618	88	0.150	1,39	5,99	2.0	2.976	4.259	3	Analytical or derived from analytical	--	04/2013
Pantothenic acid <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.471	88	0.025	0,26	0,8	3.0	0.395	0.546	3	Analytical or derived from analytical	--	04/2013
Vitamin B-6 <a href="#">1</a> <a href="#">2</a>	mg	0.137	47	0.006	0,09	0,29	1.0	0.067	0.206	2	Analytical or derived from analytical	--	04/2013
Folate, total <a href="#">1</a> <a href="#">2</a>	µg	44	41	6.000	10	107	1.0	-23.0	110.0	2	Analytical or derived from analytical	--	04/2013
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	05/2001
Folate, food	µg	44	41	6.000	10	107	1.0	-23.0	110.0	2	Analytical or derived from analytical	--	04/2013
Folate, DFE	µg	44	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2013
Choline, total <a href="#">4</a> <a href="#">5</a>	mg	52.1	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006

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Betaine <a href="#">4</a> <a href="#">5</a>	mg	0.5	5	0.051	0,4	0,7	3.0	0.3	0.6	2	Analytical or derived from analytical	--	03/2006
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/1984
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2007
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta <a href="#">1</a> <a href="#">2</a> <a href="#">4</a> <a href="#">5</a>	µg	1	26	0.000	0	6	1.0	-6.0	9.0	4	Analytical or derived from analytical	--	05/2007
Carotene, alpha <a href="#">1</a> <a href="#">4</a> <a href="#">5</a>	µg	0	9	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	05/2007
Cryptoxanthin, beta <a href="#">4</a> <a href="#">5</a>	µg	0	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	09/2002
Vitamin A, IU <a href="#">2</a>	IU	2	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Lycopene <a href="#">4</a> <a href="#">5</a>	µg	0	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	09/2002
Lutein + zeaxanthin <a href="#">4</a> <a href="#">5</a>	µg	1	8	0.000	1	1	--	--	--	2	Analytical or derived from analytical	--	09/2002
Vitamin E (alpha-tocopherol) <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	25.63	90	0.290	18,2	33,3	2.0	24.16	27.09	3	Analytical or derived from analytical	--	04/2013
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.23	90	0.070	0	1,25	3.0	-0.01	0.46	3	Analytical or derived from analytical	--	04/2013

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Tocopherol, gamma <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.64	90	0.070	0	1,49	3.0	0.42	0.86	3	Analytical or derived from analytical	--	04/2013
Tocopherol, delta <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.07	88	0.040	0	0,51	2.0	-0.09	0.23	3	Analytical or derived from analytical	--	04/2013
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	03/2009
Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	03/2009
Vitamin K (phylloquinone) <a href="#">4</a> <a href="#">5</a>	µg	0.0	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	09/2002
<b>Lipids</b>													
Fatty acids, total saturated	g	3.802	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2013
4:0	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	02/1995
6:0	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	02/1995
8:0 <a href="#">1</a>	g	0.000	4	0.000	0	0	3.0	--	--	1	Analytical or derived from analytical	--	01/2001
10:0 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.000	68	0.000	0	0,01	3.0	--	0.001	3	Analytical or derived from analytical	--	05/2007
12:0 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.000	67	0.000	0	0,01	2.0	--	--	3	Analytical or derived from analytical	--	05/2007
13:0 <a href="#">1</a>	g	0.000	4	0.000	0	0	3.0	--	--	1	Analytical or derived from analytical	--	01/2001
14:0 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.003	90	0.002	0	0,03	3.0	-0.002	0.009	3	Analytical or derived from analytical	--	04/2013
15:0 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.000	76	0.000	0	0,01	5.0	--	--	3	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	3.083	90	0.030	2,5	3,62	3.0	2.994	3.172	3	Analytical or derived from analytical	--	04/2013
17:0 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.004	88	0.002	0	0,03	3.0	-0.002	0.01	3	Analytical or derived from analytical	--	04/2013
18:0 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.704	90	0.027	0,48	1	2.0	0.581	0.827	3	Analytical or derived from analytical	--	04/2013
20:0 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.007	90	0.003	0	0,42	4.0	-0.002	0.015	3	Analytical or derived from analytical	--	04/2013
22:0 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.001	82	0.000	0	0,01	3.0	-0.001	0.002	3	Analytical or derived from analytical	--	04/2013
24:0 <a href="#">1</a>	g	0.000	4	0.000	0	0	3.0	--	--	1	Analytical or derived from analytical	--	01/2001
Fatty acids, total monounsaturated	g	31.551	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2013
14:1 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.000	71	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	05/2007
15:1 <a href="#">2</a> <a href="#">3</a>	g	0.000	66	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2007
16:1 undifferentiated <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.239	90	0.004	0,17	0,34	3.0	0.226	0.251	3	Aggregated data involving combinations of source codes 1 & 12	--	04/2013
16:1 c <a href="#">2</a>	g	0.227	28	--	0,17	0,32	--	--	--	1	Analytical or derived from analytical	--	04/2013
16:1 t <a href="#">2</a>	g	0.012	28	--	0	0,02	--	--	--	1	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
17:1 <a href="#">2</a> <a href="#">3</a>	g	0.013	84	0.009	0	0,07	1.0	-0.065	0.091	2	Analytical or derived from analytical	--	04/2013
18:1 undifferentiated <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	31.294	90	0.284	24,56	35,89	3.0	30.444	32.145	3	Aggregated data involving combinations of source codes 1 & 12	--	04/2013
18:1 c <a href="#">2</a>	g	31.294	33	--	27,94	35,89	--	--	--	1	Analytical or derived from analytical	--	04/2013
18:1 t <a href="#">2</a> <a href="#">3</a>	g	0.000	47	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2007
20:1 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.005	85	0.003	0	0,04	3.0	-0.003	0.013	3	Analytical or derived from analytical	--	04/2013
22:1 undifferentiated <a href="#">1</a>	g	0.000	4	0.000	0	0	3.0	--	--	1	Analytical or derived from analytical	--	01/2001
24:1 c <a href="#">1</a>	g	0.000	4	0.000	0	0	3.0	--	--	1	Analytical or derived from analytical	--	01/2001
Fatty acids, total polyunsaturated	g	12.329	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2013
18:2 undifferentiated <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	12.324	90	0.177	9,39	16,34	3.0	11.772	12.876	3	Aggregated data involving combinations of source codes 1 & 12	--	04/2013
18:2 n-6 c,c <a href="#">2</a> <a href="#">3</a>	g	12.320	61	0.269	9,39	16,32	2.0	11.496	13.506	2	Analytical or derived from analytical	--	04/2013
18:2 CLAs <a href="#">2</a>	g	0.002	7	0.001	0	0	3.0	-0.002	0.006	1	Analytical or derived from analytical	--	04/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 t not further defined <a href="#">2</a> <a href="#">3</a>	g	0.003	58	0.002	0	0,02	2.0	-0.004	0.01	2	Analytical or derived from analytical	--	04/2013
18:3 undifferentiated <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.003	90	0.002	0	0,03	3.0	-0.002	0.008	3	Aggregated data involving combinations of source codes 1 & 12	--	04/2013
18:3 n-3 c,c,c (ALA) <a href="#">2</a> <a href="#">3</a>	g	0.003	67	0.001	0	0,03	1.0	-0.012	0.016	2	Analytical or derived from analytical	--	04/2013
18:3 n-6 c,c,c <a href="#">2</a> <a href="#">3</a>	g	0.000	67	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2007
18:4 <a href="#">2</a>	g	0.000	1	--	0	0	3.0	--	--	1	Analytical or derived from analytical	--	05/2007
20:2 n-6 c,c <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.002	80	0.001	0	0,05	4.0	-0.001	0.005	3	Analytical or derived from analytical	--	04/2013
20:3 undifferentiated <a href="#">1</a> <a href="#">2</a>	g	0.000	56	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2007
20:4 undifferentiated <a href="#">1</a>	g	0.000	4	0.000	0	0	3.0	--	--	1	Analytical or derived from analytical	--	01/2001
20:5 n-3 (EPA) <a href="#">1</a>	g	0.000	4	--	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2001
22:5 n-3 (DPA) <a href="#">1</a>	g	0.000	4	--	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2001
22:6 n-3 (DHA) <a href="#">1</a>	g	0.000	4	0.000	0	0	3.0	--	--	1	Analytical or derived from analytical	--	01/2001
Fatty acids, total trans	g	0.015	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2013
Fatty acids, total trans-monoenoic	g	0.012	--	--	0	0	--	--	--	--	Calculated or imputed	--	05/2007



Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol <a href="#">3</a>	mg	0	2	--	0	1	8.0	--	--	1	Analytical or derived from analytical	--	04/2013
Stigmasterol <a href="#">1 2 3 7 8 9</a>	mg	4	82	0.000	0	12	4.0	2.0	6.0	6	Analytical or derived from analytical	--	05/2007
Campesterol <a href="#">1 2 3 7 8 9</a>	mg	5	82	0.000	3	12	4.0	3.0	6.0	6	Analytical or derived from analytical	--	05/2007
Beta-sitosterol <a href="#">1 2 3 7 8 9</a>	mg	130	68	6.000	101	168	3.0	109.0	150.0	6	Analytical or derived from analytical	--	04/2013
<b>Amino Acids</b>													
Tryptophan <a href="#">1 3 6</a>	g	0.211	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Threonine <a href="#">1 3 6</a>	g	0.601	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Isoleucine <a href="#">1 3 6</a>	g	0.751	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Leucine <a href="#">1 3 6</a>	g	1.473	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Lysine <a href="#">1 3 6</a>	g	0.568	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Methionine <a href="#">1 3 6</a>	g	0.157	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Cystine <a href="#">1 3 6</a>	g	0.215	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Phenylalanine <a href="#">1 3 6</a>	g	1.132	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Tyrosine <a href="#">1 6</a>	g	0.450	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine <a href="#">1 3 6</a>	g	0.855	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Arginine <a href="#">1 3 6</a>	g	2.465	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Histidine <a href="#">1 3 6</a>	g	0.539	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Alanine <a href="#">1 3 6</a>	g	0.999	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Aspartic acid <a href="#">1 3 6</a>	g	2.639	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Glutamic acid <a href="#">1 3 6</a>	g	6.206	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Glycine <a href="#">1 3 6</a>	g	1.429	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Proline <a href="#">1 3 6</a>	g	0.969	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
Serine <a href="#">1 3 6</a>	g	0.912	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2013
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1999
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1999
<b>Flavonoids</b>													
Anthocyanidins													
Cyanidin <a href="#">10</a>	mg	2.5	--	580	0	440	--	--	--	--	--	--	--
Petunidin <a href="#">10</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Delphinidin <a href="#">10</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Malvidin <a href="#">10</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pelargonidin <a href="#">10</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Peonidin <a href="#">10</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin <a href="#">10</a> <a href="#">11</a>	mg	1.3	--	330	0	386	--	--	--	--	--	--	--
(-)-Epigallocatechin <a href="#">10</a>	mg	2.6	--	310	197	298	--	--	--	--	--	--	--
(-)-Epicatechin <a href="#">10</a> <a href="#">11</a>	mg	0.6	--	100	0	127	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate <a href="#">10</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate <a href="#">10</a>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin <a href="#">10</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Eriodictyol <a href="#">11</a>	mg	0.2	--	60	3	57	--	--	--	--	--	--	--
Hesperetin <a href="#">10</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin <a href="#">10</a> <a href="#">11</a> <a href="#">12</a>	mg	0.4	51	50	0	105	--	--	--	--	--	--	--
Flavones													
Apigenin <a href="#">10</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin <a href="#">10</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavonols													
Isorhamnetin <a href="#">11</a> <a href="#">12</a>	mg	2.6	--	270	91	1.032	--	--	--	--	--	--	--
Kaempferol <a href="#">11</a> <a href="#">12</a>	mg	0.4	--	40	11	71	--	--	--	--	--	--	--
Myricetin <a href="#">10</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin <a href="#">10</a> <a href="#">11</a>	mg	0.4	--	110	0	109	--	--	--	--	--	--	--
Isoflavones													
Daidzein <a href="#">15</a> <a href="#">16</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein <a href="#">15</a> <a href="#">16</a>	mg	0.01	--	--	0	1	--	--	--	--	--	--	--
Glycitein <a href="#">16</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones <a href="#">15</a> <a href="#">16</a>	mg	0.01	--	--	0	2	--	--	--	--	--	--	--
Formononetin	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Coumestrol	mg	0.01	--	--	1	1	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers <a href="#">13</a> <a href="#">14</a>	mg	9.3	--	3.160	400	1.870	--	--	--	--	--	--	--
Proanthocyanidin trimers <a href="#">13</a> <a href="#">14</a>	mg	7.6	--	2.710	270	1.400	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers <a href="#">13</a> <a href="#">14</a>	mg	27.4	--	12.670	700	5.136	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers <a href="#">13</a> <a href="#">14</a>	mg	28.2	--	10.930	960	5.198	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) <a href="#">13</a>	mg	80.3	--	28.090	4.386	12.094	--	--	--	--	--	--	--

**Sources of Data**

<sup>1</sup>Almond Board of California **Nutrient Content of Almonds**, 1999 Modesto CA  
<sup>2</sup>Almond Board of California **Nutrient content of almonds**, 2006 Modesto CA  
<sup>3</sup>Almond Board of California **Nutrient Content of Almonds**, 2013 Modesto CA  
<sup>4</sup>Nutrient Data Laboratory, ARS, **USDA National Food and Nutrient Analysis Program Wave 5k**, 2001 Beltsville MD  
<sup>5</sup>Nutrient Data Laboratory, ARS, **USDA National Food and Nutrient Analysis Program Wave 5d**, 2001 Beltsville MD

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<sup>15</sup>*Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A.* **Daidzein and genistein content of fruits and nuts.**, 2000 J. Nutr. Biochem. 11 pp.326-331

<sup>16</sup>*Thompson, L. U., Boucher, B. A., Liu, Z., Cotterchio, M., and Kreiger, N.* **Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestanol.**, 2006 Nutr. Cancer 54 pp.184-201

#### Footnotes

<sup>a</sup> Unroasted

<sup>b</sup> Other phytosterols = 58 mg/100g; these include 21 mg delta 5-avenasterol, 4 mg sitostanol, 2 mg campestanol, and 32 mg other minor phytosterols.