

## Basic Report 12563, Nuts, almonds, dry roasted, with salt added [a](#)

Report Date: February 08, 2019 03:12 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup whole kernels 138g	1 oz (22 whole kernels) 28,35g
<b>Proximates</b>				
Water	g	2.41	3.33	0.68
Energy	kcal	598	825	170
Protein	g	20.96	28.92	5.94
Total lipid (fat)	g	52.54	72.51	14.90
Carbohydrate, by difference	g	21.01	28.99	5.96
Fiber, total dietary	g	10.9	15.0	3.1
Sugars, total	g	4.86	6.71	1.38
<b>Minerals</b>				
Calcium, Ca	mg	268	370	76
Iron, Fe	mg	3.73	5.15	1.06
Magnesium, Mg	mg	279	385	79
Phosphorus, P	mg	471	650	134
Potassium, K	mg	713	984	202
Sodium, Na	mg	234	323	66
Zinc, Zn	mg	3.31	4.57	0.94
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.077	0.106	0.022
Riboflavin	mg	1.197	1.652	0.339
Niacin	mg	3.637	5.019	1.031
Vitamin B-6	mg	0.136	0.188	0.039
Folate, DFE	µg	55	76	16
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	1	1	0

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Vitamin E (alpha-tocopherol)	mg	23.90	32.98	6.78
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
<b>Lipids</b>				
Fatty acids, total saturated	g	4.092	5.647	1.160
Fatty acids, total monounsaturated	g	33.076	45.645	9.377
Fatty acids, total polyunsaturated	g	12.955	17.878	3.673
Fatty acids, total trans	g	0.007	0.010	0.002
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0

**Footnotes**

<sup>a</sup> Other phytosterols = 34.67 mg/100g