

**NDB No. 12060**  
**Nuts, acorn flour, full fat**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.00		1		1		1.70		
Energy.....kcal	501		0	NC	4		142		
Energy.....kJ	2096				4		594		
Protein (N x 5.3).....g	7.49		1		1		2.12		
Total lipid (fat).....g	30.17		1		1		8.55		
Ash.....g	1.69		1		1		0.48		
Carbohydrate, by difference.....g	54.65		0	NC	4		15.49		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	43		1		1		12		
Iron, Fe.....mg	1.21		1		1		0.34		
Magnesium, Mg.....mg	110		1		1		31		
Phosphorus, P.....mg	103		1		1		29		
Potassium, K.....mg	712		1		1		202		
Sodium, Na.....mg	0		0		4		0		
Zinc, Zn.....mg	0.64		1		1		0.18		
Copper, Cu.....mg	0.611		1		1		0.173		
Manganese, Mn.....mg	1.743		0		4		0.494		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.146		0		4		0.041		
Riboflavin.....mg	0.154		0		4		0.044		
Niacin.....mg	2.382		0		4		0.675		
Pantothenic acid.....mg	0.931		0		4		0.264		
Vitamin B-6.....mg	0.688		0		4		0.195		
Folate, total.....µg	114		0		4		32		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	114		0		4		32		
Folate, DFE.....µg	114		0	NC	4		32		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	3		0		4		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	51		0		4		14		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 12060**  
**Nuts, acorn flour, full fat**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	3.923		0		1		1.112
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g							
15:0.....g							
16:0.....g	3.605		0		1		1.022
17:0.....g							
18:0.....g	0.319		0		1		0.090
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	19.110		0		1		5.418
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g							
17:1.....g							
18:1 undifferentiated.....g	19.110		0		1		5.418
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	5.813		0		1		1.648
18:2 undifferentiated.....g	5.813		0		1		1.648
18:3 undifferentiated.....g							
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7		0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.090		0		1		0.026
Threonine.....g	0.288		0		1		0.082
Isoleucine.....g	0.348		0		1		0.099
Leucine.....g	0.596		0		1		0.169
Lysine.....g	0.468		0		1		0.133
Methionine.....g	0.126		0		1		0.036
Cystine.....g	0.133		0		1		0.038
Phenylalanine.....g	0.328		0		1		0.093
Tyrosine.....g	0.227		0		1		0.064
Valine.....g	0.421		0		1		0.119
Arginine.....g	0.577		0		1		0.164
Histidine.....g	0.208		0		1		0.059
Alanine.....g	0.427		0		1		0.121
Aspartic acid.....g	0.774		0		1		0.219
Glutamic acid.....g	1.202		0		1		0.341
Glycine.....g	0.348		0		1		0.099
Proline.....g	0.300		0		1		0.085
Serine.....g	0.318		0		1		0.090
Hydroxyproline.....g							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12060**

**Nuts, acorn flour, full fat**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

**NDB No. 12059**  
**Nuts, acorns, dried**

Refuse:38% Shells

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	5.06		2		1		1.43		
Energy.....kcal	509		0	NC	4		144		
Energy.....kJ	2130				4		604		
Protein (N x 5.3).....g	8.10		2		1		2.30		
Total lipid (fat).....g	31.41		2		1		8.90		
Ash.....g	1.78		2		1		0.50		
Carbohydrate, by difference.....g	53.66		0	NC	4		15.21		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	54		1		1		15		
Iron, Fe.....mg	1.04		1		1		0.29		
Magnesium, Mg.....mg	82		1		1		23		
Phosphorus, P.....mg	103		0		1		29		
Potassium, K.....mg	709		1		1		201		
Sodium, Na.....mg	0		1		1		0		
Zinc, Zn.....mg	0.67		1		1		0.19		
Copper, Cu.....mg	0.818		1		1		0.232		
Manganese, Mn.....mg	1.363		0		4		0.386		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.149		0		1		0.042		
Riboflavin.....mg	0.154		0		1		0.044		
Niacin.....mg	2.406		0		1		0.682		
Pantothenic acid.....mg	0.940		0		4		0.266		
Vitamin B-6.....mg	0.695		0		4		0.197		
Folate, total.....µg	115		0		4		32		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	115		0		4		32		
Folate, DFE.....µg	115		0	NC	4		32		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 12059**  
**Nuts, acorns, dried**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	4.084		0		1		1.158
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g							
15:0.....g							
16:0.....g	3.753		0		1		1.064
17:0.....g							
18:0.....g	0.332		0		1		0.094
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	19.896		0		1		5.641
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g							
17:1.....g							
18:1 undifferentiated.....g	19.896		0		1		5.641
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	6.052		0		1		1.716
18:2 undifferentiated.....g	6.052		0		1		1.716
18:3 undifferentiated.....g							
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7		0
Phytosterols.....mg							
<b><u>Amino Acids:</u></b>							
Tryptophan.....g	0.098		0		1		0.028
Threonine.....g	0.312		0		1		0.088
Isoleucine.....g	0.376		0		1		0.107
Leucine.....g	0.644		0		1		0.183
Lysine.....g	0.505		0		1		0.143
Methionine.....g	0.136		0		1		0.039
Cystine.....g	0.144		0		1		0.041
Phenylalanine.....g	0.354		0		1		0.100
Tyrosine.....g	0.246		0		1		0.070
Valine.....g	0.455		0		1		0.129
Arginine.....g	0.623		0		1		0.177
Histidine.....g	0.224		0		1		0.064
Alanine.....g	0.461		0		1		0.131
Aspartic acid.....g	0.837		0		1		0.237
Glutamic acid.....g	1.299		0		1		0.368
Glycine.....g	0.376		0		1		0.107
Proline.....g	0.324		0		1		0.092
Serine.....g	0.344		0		1		0.098
Hydroxyproline.....g							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12059**  
**Nuts, acorns, dried**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12058  
 Nuts, acorns, raw  
*Quercus spp.*

Refuse:38% Shells

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	27.90		0		1		7.91		
Energy.....kcal	387		0	NC	4		110		
Energy.....kJ	1619				4		459		
Protein (N x 5.3).....g	6.15		0		1		1.74		
Total lipid (fat).....g	23.86		0		1		6.76		
Ash.....g	1.35		0		1		0.38		
Carbohydrate, by difference.....g	40.75		0	NC	4		11.55		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	41		0		1		12		
Iron, Fe.....mg	0.79		0		1		0.22		
Magnesium, Mg.....mg	62		0		1		18		
Phosphorus, P.....mg	79		0		1		22		
Potassium, K.....mg	539		0		1		153		
Sodium, Na.....mg	0		0		1		0		
Zinc, Zn.....mg	0.51		0		1		0.14		
Copper, Cu.....mg	0.621		0		1		0.176		
Manganese, Mn.....mg	1.337		0		4		0.379		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.112		0		1		0.032		
Riboflavin.....mg	0.118		0		1		0.033		
Niacin.....mg	1.827		0		1		0.518		
Pantothenic acid.....mg	0.715		0		4		0.203		
Vitamin B-6.....mg	0.528		0		4		0.150		
Folate, total.....µg	87		0		4		25		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	87		0		4		25		
Folate, DFE.....µg	87		0	NC	4		25		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	2		0		4		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	39		0		4		11		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 12058  
Nuts, acorns, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.102		0		1		0.879		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	2.850		2		1		0.808		
17:0.....g									
18:0.....g	0.252		2		1		0.071		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	15.109		0		1		4.283		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	15.109		2		1		4.283		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.596		0		1		1.303		
18:2 undifferentiated.....g	4.596		2		1		1.303		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.074		1		1		0.021		
Threonine.....g	0.236		1		1		0.067		
Isoleucine.....g	0.285		1		1		0.081		
Leucine.....g	0.489		1		1		0.139		
Lysine.....g	0.384		1		1		0.109		
Methionine.....g	0.103		1		1		0.029		
Cystine.....g	0.109		1		1		0.031		
Phenylalanine.....g	0.269		1		1		0.076		
Tyrosine.....g	0.187		1		1		0.053		
Valine.....g	0.345		1		1		0.098		
Arginine.....g	0.473		1		1		0.134		
Histidine.....g	0.170		1		1		0.048		
Alanine.....g	0.350		1		1		0.099		
Aspartic acid.....g	0.635		1		1		0.180		
Glutamic acid.....g	0.986		1		1		0.280		
Glycine.....g	0.285		1		1		0.081		
Proline.....g	0.246		1		1		0.070		
Serine.....g	0.261		1		1		0.074		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.



**NDB No.** 12058

**Nuts, acorns, raw**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 12695

Nuts, almond butter, plain, with salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0		
Vitamin D.....IU	0		0	Z	7	0	0		
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4	0.0	0.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.550		0	LC	8	1.048	16.375		
4:0.....g	0.000		0		1	0.000	0.000		
6:0.....g	0.000		0		1	0.000	0.000		
8:0.....g	0.000	0.000	8	A	1	0.000	0.000		
10:0.....g	0.000	0.000	8	A	1	0.000	0.000		
12:0.....g	0.000	0.000	8	A	1	0.000	0.000		
13:0.....g									
14:0.....g	0.011	0.000	8	A	1	0.002	0.028		
15:0.....g	0.000	0.000	8	A	1	0.000	0.000		
16:0.....g	5.036	0.037	8	A	1	0.806	12.590		
17:0.....g	0.011	0.000	8	A	1	0.002	0.028		
18:0.....g	1.480	0.057	8	A	1	0.237	3.700		
20:0.....g	0.011	0.007	8	A	1	0.002	0.028		
22:0.....g	0.000	0.000	8	A	1	0.000	0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	32.445		0	NC	4	5.191	81.112		
14:1.....g	0.000	0.000	8	A	1	0.000	0.000		
15:1.....g	0.000	0.000	8	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.248	0.009	8	A	1	0.040	0.619		
17:1.....g	0.035	0.000	8	A	1	0.006	0.088		
18:1 undifferentiated.....g	32.143	0.525	8	A	1	5.143	80.358		
20:1.....g	0.019	0.008	8	A	1	0.003	0.047		
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.613		0	NC	4	2.178	34.032		
18:2 undifferentiated.....g	13.605	0.762	8	A	1	2.177	34.014		
18:3 undifferentiated.....g	0.007	0.000	8	A	1	0.001	0.018		
18:4.....g	0.000		0		1	0.000	0.000		
20:2 n-6 c,c.....g	0.000	0.000	8	A	1	0.000	0.000		
20:3 undifferentiated.....g	0.000	0.000	8	A	1	0.000	0.000		
20:4 undifferentiated.....g	0.000	0.000	8	A	1	0.000	0.000		
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000		
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000		
Fatty acids, total trans.....g	0.000		2	LC	8	0.000	0.000		
Cholesterol.....mg	0		0	Z	7	0	0		
Phytosterols.....mg									
Stigmasterol.....mg	3	0.237	8	A	1	1	8		
Campesterol.....mg	6	0.417	8	A	1	1	14		
Beta-sitosterol.....mg	131	3.490	8	A	1	21	326		
<b>Amino Acids:</b>									
Tryptophan.....g	0.159		0	A	1	0.025	0.397		
Threonine.....g	0.555		0	A	1	0.089	1.388		
Isoleucine.....g	0.813		0	A	1	0.130	2.032		
Leucine.....g	1.483		0	A	1	0.237	3.708		
Lysine.....g	0.612		0	A	1	0.098	1.529		
Methionine.....g	0.122		0	A	1	0.020	0.306		
Cystine.....g	0.242		0	A	1	0.039	0.605		
Phenylalanine.....g	1.149		0	A	1	0.184	2.872		
Tyrosine.....g	0.595		0	A	1	0.095	1.487		
Valine.....g	0.937		0	A	1	0.150	2.341		
Arginine.....g	2.382		0	A	1	0.381	5.955		
Histidine.....g	0.550		0	A	1	0.088	1.375		

NDB No. 12695

Nuts, almond butter, plain, with salt added

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine.....g	0.990		0	A	1		0.158	2.476	
Aspartic acid.....g	2.397		0	A	1		0.384	5.992	
Glutamic acid.....g	5.912		0	A	1		0.946	14.781	
Glycine.....g	1.472		0	A	1		0.235	3.679	
Proline.....g	0.915		0	A	1		0.146	2.288	
Serine.....g	0.926		0	A	1		0.148	2.315	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0			7	0.0	0.0	
Caffeine.....mg	0		0	Z		7	0	0	
Theobromine.....mg	0		0	Z		7	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 16g: 1 tbsp  
Measure 2 = 250g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 12195

Nuts, almond butter, plain, without salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Deriv Source			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code	Code				
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....µg	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4		0.0	0.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.152		0	NC	4		0.664	10.380	
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	8	A	1		0.000	0.000	
10:0.....g	0.000	0.000	8	A	1		0.000	0.000	
12:0.....g	0.000	0.000	8	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.007	0.000	8	A	1		0.001	0.018	
15:0.....g	0.000	0.000	8	A	1		0.000	0.000	
16:0.....g	3.192	0.037	8	A	1		0.511	7.981	
17:0.....g	0.007	0.000	8	A	1		0.001	0.018	
18:0.....g	0.938	0.057	8	A	1		0.150	2.345	
20:0.....g	0.007	0.007	8	A	1		0.001	0.018	
22:0.....g	0.000	0.000	8	A	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	32.445		0	NC	4		5.191	81.112	
14:1.....g	0.000	0.000	8	A	1		0.000	0.000	
15:1.....g	0.000	0.000	8	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.248	0.009	8	A	1		0.040	0.619	
17:1.....g	0.035	0.000	8	A	1		0.006	0.088	
18:1 undifferentiated.....g	32.143	0.525	8	A	1		5.143	80.358	
20:1.....g	0.019	0.008	8	A	1		0.003	0.047	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.613		0	NC	4		2.178	34.032	
18:2 undifferentiated.....g	13.605	0.762	8	A	1		2.177	34.014	
18:3 undifferentiated.....g	0.007	0.000	8	A	1		0.001	0.018	
18:4.....g									
20:2 n-6 c.c.....g	0.000	0.000	8	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	8	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	8	A	1		0.000	0.000	
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	139		0	AS	1		22	348	
Stigmasterol.....mg	3	0.237	8	A	1		1	8	
Campesterol.....mg	6	0.417	8	A	1		1	14	
Beta-sitosterol.....mg	131	3.490	8	A	1		21	326	
<b>Amino Acids:</b>									
Tryptophan.....g	0.159		0	A	1		0.025	0.397	
Threonine.....g	0.555		0	A	1		0.089	1.388	
Isoleucine.....g	0.813		0	A	1		0.130	2.032	
Leucine.....g	1.483		0	A	1		0.237	3.708	
Lysine.....g	0.612		0	A	1		0.098	1.529	
Methionine.....g	0.122		0	A	1		0.020	0.306	
Cystine.....g	0.242		0	A	1		0.039	0.605	
Phenylalanine.....g	1.149		0	A	1		0.184	2.872	
Tyrosine.....g	0.595		0	A	1		0.095	1.487	
Valine.....g	0.937		0	A	1		0.150	2.341	
Arginine.....g	2.382		0	A	1		0.381	5.955	
Histidine.....g	0.550		0	A	1		0.088	1.375	
Alanine.....g	0.990		0	A	1		0.158	2.476	
Aspartic acid.....g	2.397		0	A	1		0.384	5.992	

NDB No. 12195

Nuts, almond butter, plain, without salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glutamic acid.....g	5.912		0	A	1		0.946	14.781	
Glycine.....g	1.472		0	A	1		0.235	3.679	
Proline.....g	0.915		0	A	1		0.146	2.288	
Serine.....g	0.926		0	A	1		0.148	2.315	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 16g: 1 tbsp

Measure 2 = 250g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)





**NDB No. 12071**  
**Nuts, almond paste**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
<b>Lipids:</b>								
Fatty acids, total saturated.....g	2.629		0	BFFN	4	0.745	5.968	
4:0.....g	0.000		0	BFFN	4	0.000	0.000	
6:0.....g	0.000		0	BFFN	4	0.000	0.000	
8:0.....g	0.000		0	BFFN	4	0.000	0.000	
10:0.....g	0.000		0	BFFN	4	0.000	0.000	
12:0.....g	0.003		0	BFFN	4	0.001	0.007	
13:0.....g								
14:0.....g	0.158		0	BFFN	4	0.045	0.359	
15:0.....g								
16:0.....g	1.836		0	BFFN	4	0.521	4.168	
17:0.....g								
18:0.....g	0.542		0	BFFN	4	0.154	1.230	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	18.012		0	BFFN	4	5.106	40.887	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.162		0	BFFN	4	0.046	0.368	
17:1.....g								
18:1 undifferentiated.....g	17.680		0	BFFN	4	5.012	40.134	
20:1.....g	0.027		0	BFFN	4	0.008	0.061	
22:1 undifferentiated.....g	0.000		0	BFFN	4	0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	5.821		0	BFFN	4	1.650	13.214	
18:2 undifferentiated.....g	5.576		0	BFFN	4	1.581	12.658	
18:3 undifferentiated.....g	0.199		0	BFFN	4	0.056	0.452	
18:4.....g	0.000		0	BFFN	4	0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	BFFN	4	0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFFN	4	0.000	0.000	
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	BFFN	4	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFFN	4	0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7	0	0	
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	
Theobromine.....mg	0		0	Z	7	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 cup, firmly packed

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



**NDB No. 12061**  
**Nuts, almonds (1, 2)**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0	
Vitamin D.....µg	0		0	Z	7	0	0	0	
Vitamin K (phylloquinone).....µg	0.0	0.000	8	A	1	0.0	0.0	0.0	
Dihydrophyloquinone.....µg	0.0	0.000	8	A	1	0.0	0.0	0.0	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.802		0	NC	4	5.437	3.498	4.106	
4:0.....g	0.000		0	Z	7	0.000	0.000	0.000	
6:0.....g	0.000		0	Z	7	0.000	0.000	0.000	
8:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
10:0.....g	0.000	0.000	68	A	1	0.000	0.000	0.000	
12:0.....g	0.000	0.000	67	A	1	0.000	0.000	0.000	
13:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
14:0.....g	0.003	0.002	90	A	1	0.004	0.003	0.003	
15:0.....g	0.000	0.000	76	A	1	0.000	0.000	0.000	
16:0.....g	3.083	0.030	90	A	1	4.409	2.836	3.330	
17:0.....g	0.004	0.002	88	A	1	0.006	0.004	0.004	
18:0.....g	0.704	0.027	90	A	1	1.007	0.648	0.760	
20:0.....g	0.007	0.003	90	A	1	0.009	0.006	0.007	
22:0.....g	0.001	0.000	82	A	1	0.001	0.001	0.001	
24:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	31.551		0	NC	4	45.118	29.027	34.075	
14:1.....g	0.000	0.000	71	A	1	0.000	0.000	0.000	
15:1.....g	0.000	0.000	66	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.239	0.004	90	JA	6	0.341	0.219	0.258	
16:1 c.....g	0.227		28	A	1	0.324	0.208	0.245	
16:1 t.....g	0.012		28	A	1	0.017	0.011	0.013	
17:1.....g	0.013	0.009	84	A	1	0.019	0.012	0.014	
18:1 undifferentiated.....g	31.294	0.284	90	JA	6	44.751	28.791	33.798	
18:1 c.....g	31.294		33	A	1	44.751	28.791	33.798	
18:1 t.....g	0.000	0.000	47	A	1	0.000	0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.005	0.003	85	A	1	0.007	0.005	0.005	
22:1 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
24:1 c.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	12.329		0	NC	4	17.631	11.343	13.315	
18:2 undifferentiated.....g	12.324	0.177	90	JA	6	17.623	11.338	13.310	
18:2 n-6 c,c.....g	12.320	0.269	61	A	1	17.617	11.334	13.305	
18:2 CLAs.....g	0.002	0.001	7	A	1	0.002	0.002	0.002	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.003	0.002	58	A	1	0.004	0.003	0.003	
18:3 undifferentiated.....g	0.003	0.002	90	JA	6	0.004	0.003	0.003	
18:3 n-3 c,c,c (ALA).....g	0.003	0.001	67	A	1	0.004	0.003	0.003	
18:3 n-6 c,c,c.....g	0.000	0.000	67	A	1	0.000	0.000	0.000	
18:3i.....g									
18:4.....g	0.000		1	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.002	0.001	80	A	1	0.003	0.002	0.002	
20:3 undifferentiated.....g	0.000	0.000	56	A	1	0.000	0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		4	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		4	A	1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g	0.015		0	NC	4	0.021	0.014	0.016	
Fatty acids, total trans-monoenoic.....g	0.012		0	NC	4	0.017	0.011	0.013	
Fatty acids, total trans-polyenoic.....g	0.003		0	NC	4	0.004	0.003	0.003	

**NDB No. 12061**  
**Nuts, almonds (1, 2)**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number			measures of food			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		2	A	1	1	0	0	
Phytosterols.....mg									
Stigmasterol.....mg	4	0.750	82	A	1	6	4	5	
Campesterol.....mg	5	0.458	82	A	1	7	5	6	
Beta-sitosterol.....mg	130	6.608	68	A	1	186	120	140	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.211		0	A	1	0.302	0.194	0.228	
Threonine.....g	0.601		0	A	1	0.859	0.553	0.649	
Isoleucine.....g	0.751		0	A	1	1.074	0.691	0.811	
Leucine.....g	1.473		0	A	1	2.107	1.356	1.591	
Lysine.....g	0.568		0	A	1	0.812	0.523	0.613	
Methionine.....g	0.157		0	A	1	0.224	0.144	0.169	
Cystine.....g	0.215		0	A	1	0.308	0.198	0.233	
Phenylalanine.....g	1.132		0	A	1	1.618	1.041	1.222	
Tyrosine.....g	0.450		0	A	1	0.644	0.414	0.486	
Valine.....g	0.855		0	A	1	1.223	0.787	0.924	
Arginine.....g	2.465		0	A	1	3.525	2.268	2.662	
Histidine.....g	0.539		0	A	1	0.770	0.495	0.582	
Alanine.....g	0.999		0	A	1	1.429	0.920	1.079	
Aspartic acid.....g	2.639		0	A	1	3.774	2.428	2.850	
Glutamic acid.....g	6.206		0	A	1	8.875	5.709	6.702	
Glycine.....g	1.429		0	A	1	2.044	1.315	1.544	
Proline.....g	0.969		0	A	1	1.386	0.892	1.047	
Serine.....g	0.912		0	A	1	1.304	0.839	0.985	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	0	
Theobromine.....mg	0		0	Z	7	0	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

- Measure 1 = 143g: 1 cup, whole
- Measure 2 = 92g: 1 cup, sliced
- Measure 3 = 108g: 1 cup, slivered

**Footnotes:**

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

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



**NDB No. 12062**  
**Nuts, almonds, blanched (1)**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number			measures of food			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
		Points	Code	Code	Code				
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0	
Vitamin D.....µg	0		0	Z	7	0	0	0	
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4	0.0	0.0	0.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.953		0	NC	4	5.731	0.360	1.121	
4:0.....g	0.000		0	Z	7	0.000	0.000	0.000	
6:0.....g	0.000		0	Z	7	0.000	0.000	0.000	
8:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
10:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
12:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
13:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
14:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
15:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
16:0.....g	3.273	0.031	11	A	1	4.746	0.298	0.928	
17:0.....g	0.014	0.014	7	A	1	0.020	0.001	0.004	
18:0.....g	0.666	0.002	11	A	1	0.966	0.061	0.189	
20:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
22:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
24:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	33.415		0	NC	4	48.451	3.041	9.473	
14:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
15:1.....g	0.000		6	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.243	0.006	11	A	1	0.352	0.022	0.069	
17:1.....g	0.059		4	A	1	0.085	0.005	0.017	
18:1 undifferentiated.....g	33.113	0.055	11	A	1	48.014	3.013	9.388	
20:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	12.368		0	NC	4	17.934	1.126	3.506	
18:2 undifferentiated.....g	12.365	0.078	11	A	1	17.929	1.125	3.505	
18:3 undifferentiated.....g	0.004	0.004	11	A	1	0.005	0.000	0.001	
18:4.....g	0.000		0	Z	7	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g	0.019		4	A	1	0.028	0.002	0.005	
Cholesterol.....mg	0		0	Z	7	0	0	0	
Phytosterols.....mg	114		0	AS	1	165	10	32	
Stigmasterol.....mg	1	0.130	5	A	1	1	0	0	
Campesterol.....mg	4	1.571	5	A	1	6	0	1	
Beta-sitosterol.....mg	109	0.240	5	A	1	158	10	31	
<b>Amino Acids:</b>									
Tryptophan.....g	0.193		0	A	1	0.280	0.018	0.055	
Threonine.....g	0.682		0	A	1	0.989	0.062	0.193	
Isoleucine.....g	0.696		0	A	1	1.009	0.063	0.197	
Leucine.....g	1.479		0	A	1	2.145	0.135	0.419	
Lysine.....g	0.605		0	A	1	0.877	0.055	0.171	
Methionine.....g	0.190		0	A	1	0.275	0.017	0.054	
Cystine.....g	0.284		0	A	1	0.411	0.026	0.080	
Phenylalanine.....g	1.156		0	A	1	1.675	0.105	0.328	
Tyrosine.....g	0.533		0	A	1	0.774	0.049	0.151	
Valine.....g	0.805		0	A	1	1.167	0.073	0.228	
Arginine.....g	2.483		0	A	1	3.600	0.226	0.704	
Histidine.....g	0.596		0	A	1	0.865			

**NDB No. 12062**  
**Nuts, almonds, blanched (1)**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.596			A	1		0.054	0.169	
Alanine.....g	1.007		0	A	1	1.460	0.092	0.286	
Aspartic acid.....g	2.751		0	A	1	3.989	0.250	0.780	
Glutamic acid.....g	5.206		0	A	1	7.548	0.474	1.476	
Glycine.....g	1.478		0	A	1	2.143	0.134	0.419	
Proline.....g	0.975		0	A	1	1.414	0.089	0.276	
Serine.....g	1.012		0	A	1	1.467	0.092	0.287	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	0	
Theobromine.....mg	0		0	Z	7	0	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

- Measure 1 = 145g: 1 cup whole kernels
- Measure 2 = 9.1g: 1 tbsp
- Measure 3 = 28.35g: 1 oz

**Footnotes:**

- 1 Unroasted

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)





Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0		
Vitamin D.....IU	0		0	Z	7	0	0		
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4	0.0	0.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.092		0	NC	4	5.647	1.160		
4:0.....g	0.000	0.000	6	A	1	0.000	0.000		
6:0.....g	0.000	0.000	6	A	1	0.000	0.000		
8:0.....g	0.000	0.000	12	A	1	0.000	0.000		
10:0.....g	0.000	0.000	12	A	1	0.000	0.000		
12:0.....g	0.000	0.000	12	A	1	0.000	0.000		
13:0.....g	0.000	0.000	3	A	1	0.000	0.000		
14:0.....g	0.019	0.019	12	A	1	0.026	0.005		
15:0.....g	0.000	0.000	12	A	1	0.000	0.000		
16:0.....g	3.348	0.036	20	A	1	4.621	0.949		
17:0.....g	0.012	0.006	18	A	1	0.017	0.003		
18:0.....g	0.704	0.033	20	A	1	0.972	0.200		
20:0.....g	0.008	0.008	12	A	1	0.011	0.002		
22:0.....g	0.000	0.000	12	A	1	0.000	0.000		
24:0.....g	0.000	0.000	11	A	1	0.000	0.000		
Fatty acids, total monounsaturated.....g	33.076		0	NC	4	45.645	9.377		
14:1.....g	0.000	0.000	12	A	1	0.000	0.000		
15:1.....g	0.000	0.000	16	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.259	0.006	20	A	1	0.357	0.073		
17:1.....g	0.057	0.001	6	A	1	0.078	0.016		
18:1 undifferentiated.....g	32.754	1.066	20	JA	6	45.200	9.286		
18:1 c.....g	32.748	1.494	6	A	1	45.193	9.284		
18:1 t.....g	0.005	0.006	9	A	1	0.007	0.002		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.007	0.007	12	A	1	0.010	0.002		
22:1 undifferentiated.....g	0.000	0.000	12	A	1	0.000	0.000		
24:1 c.....g	0.000	0.000	3	A	1	0.000	0.000		
Fatty acids, total polyunsaturated.....g	12.955		0	NC	4	17.878	3.673		
18:2 undifferentiated.....g	12.945	0.135	20	JA	6	17.864	3.670		
18:2 n-6 c,c.....g	12.945	0.399	9	A	1	17.864	3.670		
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000	0.000	9	A	1	0.000	0.000		
18:3 undifferentiated.....g	0.010	0.005	19	JA	6	0.014	0.003		
18:3 n-3 c,c,c (ALA).....g	0.006	0.004	8	A	1	0.008	0.002		
18:3 n-6 c,c,c.....g	0.000	0.000	9	A	1	0.000	0.000		
18:3i.....g	0.005	0.002	5	A	1	0.006	0.001		
18:4.....g	0.000		0	Z	7	0.000	0.000		
20:2 n-6 c,c.....g	0.000	0.000	12	A	1	0.000	0.000		
20:3 undifferentiated.....g	0.000	0.000	12	A	1	0.000	0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	12	A	1	0.000	0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1	0.000	0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1	0.000	0.000		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.000	0.000		
Fatty acids, total trans.....g	0.007	0.003	18	A	1	0.010	0.002		
Cholesterol.....mg	0		1	A	1	0	0		
Phytosterols.....mg									
Stigmasterol.....mg	4	0.105	16	A	1	6	1		
Campesterol.....mg	4	0.681	16	A	1	6	1		

NDB No. 12563

Nuts, almonds, dry roasted, with salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Beta-sitosterol.....mg	122	6.036	16	A	1	169	35		
<b>Amino Acids:</b>									
Tryptophan.....g	0.209		0	A	1	0.289	0.059		
Threonine.....g	0.595		0	A	1	0.822	0.169		
Isoleucine.....g	0.745		0	A	1	1.028	0.211		
Leucine.....g	1.461		0	A	1	2.016	0.414		
Lysine.....g	0.563		0	A	1	0.777	0.160		
Methionine.....g	0.155		0	A	1	0.214	0.044		
Cystine.....g	0.214		0	A	1	0.295	0.061		
Phenylalanine.....g	1.122		0	A	1	1.548	0.318		
Tyrosine.....g	0.446		0	A	1	0.616	0.127		
Valine.....g	0.848		0	A	1	1.170	0.240		
Arginine.....g	2.444		0	A	1	3.372	0.693		
Histidine.....g	0.534		0	A	1	0.737	0.151		
Alanine.....g	0.991		0	A	1	1.367	0.281		
Aspartic acid.....g	2.616		0	A	1	3.611	0.742		
Glutamic acid.....g	6.153		0	A	1	8.491	1.744		
Glycine.....g	1.417		0	A	1	1.956	0.402		
Proline.....g	0.961		0	A	1	1.326	0.272		
Serine.....g	0.904		0	A	1	1.248	0.256		
Hydroxyproline.....g	0.040	0.006	3	A	1	0.055	0.011		
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0		
Caffeine.....mg	0		0	Z	7	0	0		
Theobromine.....mg	0		0	Z	7	0	0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 138g: 1 cup whole kernels

Measure 2 = 28.35g: 1 oz (22 whole kernels)

**Footnotes:**

1 Other phytosterols = 34.67 mg/100g

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



Nuts, almonds, dry roasted, without salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0		
Vitamin D.....IU	0		0	Z	7	0	0		
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4	0.0	0.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.092		0	NC	4	5.647	1.160		
4:0.....g	0.000	0.000	6	A	1	0.000	0.000		
6:0.....g	0.000	0.000	6	A	1	0.000	0.000		
8:0.....g	0.000	0.000	12	A	1	0.000	0.000		
10:0.....g	0.000	0.000	12	A	1	0.000	0.000		
12:0.....g	0.000	0.000	12	A	1	0.000	0.000		
13:0.....g	0.000	0.000	3	A	1	0.000	0.000		
14:0.....g	0.019	0.019	12	A	1	0.026	0.005		
15:0.....g	0.000	0.000	12	A	1	0.000	0.000		
16:0.....g	3.348	0.036	20	A	1	4.621	0.949		
17:0.....g	0.012	0.006	18	A	1	0.017	0.003		
18:0.....g	0.704	0.033	20	A	1	0.972	0.200		
20:0.....g	0.008	0.008	12	A	1	0.011	0.002		
22:0.....g	0.000	0.000	12	A	1	0.000	0.000		
24:0.....g	0.000	0.000	11	A	1	0.000	0.000		
Fatty acids, total monounsaturated.....g	33.076		0	NC	4	45.645	9.377		
14:1.....g	0.000	0.000	12	A	1	0.000	0.000		
15:1.....g	0.000	0.000	16	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.259	0.006	20	A	1	0.357	0.073		
17:1.....g	0.057	0.001	6	A	1	0.078	0.016		
18:1 undifferentiated.....g	32.754	1.066	20	JA	6	45.200	9.286		
18:1 c.....g	32.748	1.494	6	A	1	45.193	9.284		
18:1 t.....g	0.005	0.006	9	A	1	0.007	0.002		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.007	0.007	12	A	1	0.010	0.002		
22:1 undifferentiated.....g	0.000	0.000	12	A	1	0.000	0.000		
24:1 c.....g	0.000	0.000	3	A	1	0.000	0.000		
Fatty acids, total polyunsaturated.....g	12.955		0	NC	4	17.878	3.673		
18:2 undifferentiated.....g	12.945	0.135	20	JA	6	17.864	3.670		
18:2 n-6 c,c.....g	12.945	0.399	9	A	1	17.864	3.670		
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000	0.000	9	A	1	0.000	0.000		
18:3 undifferentiated.....g	0.010	0.005	19	JA	6	0.014	0.003		
18:3 n-3 c,c,c (ALA).....g	0.006	0.004	8	A	1	0.008	0.002		
18:3 n-6 c,c,c.....g	0.000	0.000	9	A	1	0.000	0.000		
18:3i.....g	0.005	0.002	5	A	1	0.006	0.001		
18:4.....g	0.000		0	Z	7	0.000	0.000		
20:2 n-6 c,c.....g	0.000	0.000	12	A	1	0.000	0.000		
20:3 undifferentiated.....g	0.000	0.000	12	A	1	0.000	0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	12	A	1	0.000	0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1	0.000	0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1	0.000	0.000		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.000	0.000		
Fatty acids, total trans.....g	0.007	0.003	18	A	1	0.010	0.002		
Cholesterol.....mg	0		1	A	1	0	0		
Phytosterols.....mg									
Stigmasterol.....mg	4	0.105	16	A	1	6	1		
Campesterol.....mg	4	0.681	16	A	1	6	1		

NDB No. 12063

Nuts, almonds, dry roasted, without salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Beta-sitosterol.....mg	122	6.036	16	A	1		169	35	
<b>Amino Acids:</b>									
Tryptophan.....g	0.209		0	A	1		0.289	0.059	
Threonine.....g	0.595		0	A	1		0.822	0.169	
Isoleucine.....g	0.745		0	A	1		1.028	0.211	
Leucine.....g	1.461		0	A	1		2.016	0.414	
Lysine.....g	0.563		0	A	1		0.777	0.160	
Methionine.....g	0.155		0	A	1		0.214	0.044	
Cystine.....g	0.214		0	A	1		0.295	0.061	
Phenylalanine.....g	1.122		0	A	1		1.548	0.318	
Tyrosine.....g	0.446		0	A	1		0.616	0.127	
Valine.....g	0.848		0	A	1		1.170	0.240	
Arginine.....g	2.444		0	A	1		3.372	0.693	
Histidine.....g	0.534		0	A	1		0.737	0.151	
Alanine.....g	0.991		0	A	1		1.367	0.281	
Aspartic acid.....g	2.616		0	A	1		3.611	0.742	
Glutamic acid.....g	6.153		0	A	1		8.491	1.744	
Glycine.....g	1.417		0	A	1		1.956	0.402	
Proline.....g	0.961		0	A	1		1.326	0.272	
Serine.....g	0.904		0	A	1		1.248	0.256	
Hydroxyproline.....g	0.040	0.006	3	A	1		0.055	0.011	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 138g: 1 cup whole kernels

Measure 2 = 28.35g: 1 oz (22 whole kernels)

**Footnotes:**

1 Other phytosterols = 34.67 mg/100g

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12206

Nuts, almonds, honey roasted, unblanched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.70	0.001	3		1		2.45	0.48	
Energy.....kcal	594		0	NC	4		855	168	
Energy.....kJ	2485				4		3579	705	
Protein (N x 5.18).....g	18.17	0.240	3		1		26.16	5.15	
Total lipid (fat).....g	49.90	0.503	3		1		71.86	14.15	
Ash.....g	2.33	0.291	3		1		3.36	0.66	
Carbohydrate, by difference.....g	27.90		0	NC	4		40.18	7.91	
Fiber, total dietary.....g	13.7		0		4		19.7	3.9	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	263	3.331	3		1		379	75	
Iron, Fe.....mg	2.83	0.088	3		1		4.08	0.80	
Magnesium, Mg.....mg	240	0.000	3		1		346	68	
Phosphorus, P.....mg	400	5.774	3		1		576	113	
Potassium, K.....mg	560	0.000	3		1		806	159	
Sodium, Na.....mg	130	8.451	7		1		187	37	
Zinc, Zn.....mg	2.60	0.000	3		1		3.74	0.74	
Copper, Cu.....mg	0.970	0.085	3		1		1.397	0.275	
Manganese, Mn.....mg	2.003		0		1		2.884	0.568	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		0		1		1.0	0.2	
Thiamin.....mg	0.114	0.007	3		1		0.164	0.032	
Riboflavin.....mg	0.953	0.034	3		1		1.372	0.270	
Niacin.....mg	2.819	0.134	3		1		4.059	0.799	
Pantothenic acid.....mg	0.258		0		1		0.372	0.073	
Vitamin B-6.....mg	0.085		0		1		0.122	0.024	
Folate, total.....µg	32		2		1		46	9	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	32		2		1		46	9	
Folate, DFE.....µg	32		0	NC	4		46	9	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0		1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	4.730		0		1		6.811	1.341	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.005		0		1		0.007	0.001	
13:0.....g									
14:0.....g	0.287		0		1		0.413	0.081	
15:0.....g									
16:0.....g	3.329		0		1		4.794	0.944	
17:0.....g									
18:0.....g	0.984		0		1		1.417	0.279	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	32.402		0		1		46.659	9.186	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.293		0		1		0.422	0.083	
17:1.....g									
18:1 undifferentiated.....g	32.061		0		1		46.168	9.089	
20:1.....g	0.048		0		1		0.069	0.014	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.472		0		1		15.080	2.969	
18:2 undifferentiated.....g	10.112		0		1		14.561	2.867	
18:3 undifferentiated.....g	0.360		0		1		0.518	0.102	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.281		0		1		0.405	0.080	
Threonine.....g	0.575		0		1		0.828	0.163	
Isoleucine.....g	0.677		0		1		0.975	0.192	
Leucine.....g	1.210		0		1		1.742	0.343	
Lysine.....g	0.519		0		1		0.747	0.147	
Methionine.....g	0.179		0		1		0.258	0.051	
Cystine.....g	0.281		0		1		0.405	0.080	
Phenylalanine.....g	0.870		0		1		1.253	0.247	
Tyrosine.....g	0.551		0		1		0.793	0.156	
Valine.....g	0.803		0		1		1.156	0.228	
Arginine.....g	1.946		0		1		2.802	0.552	
Histidine.....g	0.435		0		1		0.626	0.123	
Alanine.....g	0.736		0		1		1.060	0.209	
Aspartic acid.....g	1.831		0		1		2.637	0.519	
Glutamic acid.....g	4.629		0		1		6.666	1.312	
Glycine.....g	0.964		0		1		1.388	0.273	
Proline.....g	0.978		0		1		1.408	0.277	
Serine.....g	0.701		0		1		1.009	0.199	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12206**

**Nuts, almonds, honey roasted, unblanched**

**Common Measures:**

Measure 1 = 144g: 1 cup whole kernels

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 12665

Nuts, almonds, oil roasted, lightly salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D.....µg									
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4		0.0	0.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.207		0				6.605	1.193	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g	0.000	0.000	3	A	1		0.000	0.000	
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	3.303	0.079	3	A	1		5.186	0.936	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.905	0.100	3	A	1		1.420	0.256	
20:0.....g	0.000	0.000	3	A	1		0.000	0.000	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	34.794		0				54.627	9.864	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.215	0.025	3	A	1		0.338	0.061	
17:1.....g									
18:1 undifferentiated.....g	34.578	0.892	3	A	1		54.287	9.803	
20:1.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	13.520		0				21.226	3.833	
18:2 undifferentiated.....g	13.519	1.034	3	A	1		21.225	3.833	
18:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	130		1	A	1		204	37	
Stigmasterol.....mg	3		1	A	1		4	1	
Campesterol.....mg	9		1	A	1		13	2	
Beta-sitosterol.....mg	118		1	A	1		186	34	
<b>Amino Acids:</b>									
Tryptophan.....g	0.192		0	A	1		0.301	0.054	
Threonine.....g	0.677		0	A	1		1.063	0.192	
Isoleucine.....g	0.691		0	A	1		1.084	0.196	
Leucine.....g	1.467		0	A	1		2.304	0.416	
Lysine.....g	0.600		0	A	1		0.942	0.170	
Methionine.....g	0.188		0	A	1		0.295	0.053	
Cystine.....g	0.282		0	A	1		0.442	0.080	
Phenylalanine.....g	1.146		0	A	1		1.800	0.325	
Tyrosine.....g	0.529		0	A	1		0.831	0.150	
Valine.....g	0.798		0	A	1		1.253	0.226	
Arginine.....g	2.463		0	A	1		3.867	0.698	
Histidine.....g	0.592		0	A	1		0.929	0.168	
Alanine.....g	0.999		0	A	1		1.569	0.283	
Aspartic acid.....g	2.729		0	A	1		4.285	0.774	
Glutamic acid.....g	5.165		0	A	1		8.108	1.464	

NDB No. 12665

Nuts, almonds, oil roasted, lightly salted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Glycine.....g	1.466		0	A	1	2.302	0.416	
Proline.....g	0.967		0	A	1	1.519	0.274	
Serine.....g	1.004		0	A	1	1.576	0.285	
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	
Theobromine.....mg	0		0	Z	7	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 157g: 1 cup whole kernels

Measure 2 = 28.35g: 1 oz (22 whole kernels)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 12565

Nuts, almonds, oil roasted, with salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0		
Vitamin D.....µg	0		0	Z	7	0	0		
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4	0.0	0.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.208		0	NC	4	6.606	1.193		
4:0.....g	0.000		0	Z	7	0.000	0.000		
6:0.....g	0.000		0	Z	7	0.000	0.000		
8:0.....g	0.000	0.000	3	A	1	0.000	0.000		
10:0.....g	0.000	0.000	3	A	1	0.000	0.000		
12:0.....g	0.000	0.000	3	A	1	0.000	0.000		
13:0.....g	0.000	0.000	3	A	1	0.000	0.000		
14:0.....g	0.000	0.000	3	A	1	0.000	0.000		
15:0.....g	0.000	0.000	3	A	1	0.000	0.000		
16:0.....g	3.303	0.079	3	A	1	5.186	0.936		
17:0.....g	0.000	0.000	3	A	1	0.000	0.000		
18:0.....g	0.905	0.100	3	A	1	1.420	0.256		
20:0.....g	0.000	0.000	3	A	1	0.000	0.000		
22:0.....g	0.000	0.000	3	A	1	0.000	0.000		
24:0.....g	0.000	0.000	3	A	1	0.000	0.000		
Fatty acids, total monounsaturated.....g	34.793		0	NC	4	54.625	9.864		
14:1.....g	0.000	0.000	3	A	1	0.000	0.000		
15:1.....g									
16:1 undifferentiated.....g	0.215	0.025	3	A	1	0.338	0.061		
17:1.....g									
18:1 undifferentiated.....g	34.578	0.892	3	A	1	54.287	9.803		
20:1.....g	0.000	0.000	3	A	1	0.000	0.000		
22:1 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000		
24:1 c.....g	0.000	0.000	3	A	1	0.000	0.000		
Fatty acids, total polyunsaturated.....g	13.519		0	NC	4	21.225	3.833		
18:2 undifferentiated.....g	13.519	1.034	3	A	1	21.225	3.833		
18:3 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000		
18:4.....g	0.000	0.000	0	Z	7	0.000	0.000		
20:2 n-6 c,c.....g	0.000	0.000	3	A	1	0.000	0.000		
20:3 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000		
20:4 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000		
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1	0.000	0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1	0.000	0.000		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.000	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7	0	0		
Phytosterols.....mg	130		1	A	1	204	37		
Stigmasterol.....mg	3		1	A	1	4	1		
Campesterol.....mg	9		1	A	1	13	2		
Beta-sitosterol.....mg	118		1	A	1	186	34		
<b>Amino Acids:</b>									
Tryptophan.....g	0.192		0	A	1	0.301	0.054		
Threonine.....g	0.677		0	A	1	1.063	0.192		
Isoleucine.....g	0.691		0	A	1	1.084	0.196		
Leucine.....g	1.467		0	A	1	2.304	0.416		
Lysine.....g	0.600		0	A	1	0.942	0.170		
Methionine.....g	0.188		0	A	1	0.295	0.053		
Cystine.....g	0.282		0	A	1	0.442	0.080		
Phenylalanine.....g	1.146		0	A	1	1.800	0.325		
Tyrosine.....g	0.529		0	A	1	0.831	0.150		
Valine.....g	0.798		0	A	1	1.253	0.226		
Arginine.....g	2.463		0	A	1	3.867	0.698		
Histidine.....g	0.592		0	A	1	0.929	0.168		

NDB No. 12565

Nuts, almonds, oil roasted, with salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine.....g	0.999		0	A	1		1.569	0.283	
Aspartic acid.....g	2.729		0	A	1		4.285	0.774	
Glutamic acid.....g	5.165		0	A	1		8.108	1.464	
Glycine.....g	1.466		0	A	1		2.302	0.416	
Proline.....g	0.967		0	A	1		1.519	0.274	
Serine.....g	1.004		0	A	1		1.576	0.285	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 157g: 1 cup whole kernels

Measure 2 = 28.35g: 1 oz (22 whole kernels)

**Footnotes:**

1 Roasted in high oleic safflower oil

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 12567

Nuts, almonds, oil roasted, with salt added, smoke flavor

---

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28g: 1 oz (28 almonds)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 12065

Nuts, almonds, oil roasted, without salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0		
Vitamin D.....IU	0		0	Z	7	0	0		
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4	0.0	0.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b><u>Lipids:</u></b>									
Fatty acids, total saturated.....g	4.208		0	NC	4	6.606	1.193		
4:0.....g	0.000		0	Z	7	0.000	0.000		
6:0.....g	0.000		0	Z	7	0.000	0.000		
8:0.....g	0.000	0.000	3	A	1	0.000	0.000		
10:0.....g	0.000	0.000	3	A	1	0.000	0.000		
12:0.....g	0.000	0.000	3	A	1	0.000	0.000		
13:0.....g	0.000	0.000	3	A	1	0.000	0.000		
14:0.....g	0.000	0.000	3	A	1	0.000	0.000		
15:0.....g	0.000	0.000	3	A	1	0.000	0.000		
16:0.....g	3.303	0.079	3	A	1	5.186	0.936		
17:0.....g	0.000	0.000	3	A	1	0.000	0.000		
18:0.....g	0.905	0.100	3	A	1	1.420	0.256		
20:0.....g	0.000	0.000	3	A	1	0.000	0.000		
22:0.....g	0.000	0.000	3	A	1	0.000	0.000		
24:0.....g	0.000	0.000	3	A	1	0.000	0.000		
Fatty acids, total monounsaturated.....g	34.793		0	NC	4	54.625	9.864		
14:1.....g	0.000	0.000	3	A	1	0.000	0.000		
15:1.....g									
16:1 undifferentiated.....g	0.215	0.025	3	A	1	0.338	0.061		
17:1.....g									
18:1 undifferentiated.....g	34.578	0.892	3	A	1	54.287	9.803		
20:1.....g	0.000	0.000	3	A	1	0.000	0.000		
22:1 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000		
24:1 c.....g	0.000	0.000	3	A	1	0.000	0.000		
Fatty acids, total polyunsaturated.....g	13.519		0	NC	4	21.225	3.833		
18:2 undifferentiated.....g	13.519	1.034	3	A	1	21.225	3.833		
18:3 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000		
18:4.....g	0.000	0.000	0	Z	7	0.000	0.000		
20:2 n-6 c,c.....g	0.000	0.000	3	A	1	0.000	0.000		
20:3 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000		
20:4 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000		
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1	0.000	0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1	0.000	0.000		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.000	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7	0	0		
Phytosterols.....mg	130		1	A	1	204	37		
Stigmasterol.....mg	3		1	A	1	4	1		
Campesterol.....mg	9		1	A	1	13	2		
Beta-sitosterol.....mg	118		1	A	1	186	34		
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.192		0	A	1	0.301	0.054		
Threonine.....g	0.677		0	A	1	1.063	0.192		
Isoleucine.....g	0.691		0	A	1	1.084	0.196		
Leucine.....g	1.467		0	A	1	2.304	0.416		
Lysine.....g	0.600		0	A	1	0.942	0.170		
Methionine.....g	0.188		0	A	1	0.295	0.053		
Cystine.....g	0.282		0	A	1	0.442	0.080		
Phenylalanine.....g	1.146		0	A	1	1.800	0.325		
Tyrosine.....g	0.529		0	A	1	0.831	0.150		
Valine.....g	0.798		0	A	1	1.253	0.226		
Arginine.....g	2.463		0	A	1	3.867	0.698		
Histidine.....g	0.592		0	A	1	0.929	0.168		

NDB No. 12065

Nuts, almonds, oil roasted, without salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine.....g	0.999		0	A	1		1.569	0.283	
Aspartic acid.....g	2.729		0	A	1		4.285	0.774	
Glutamic acid.....g	5.165		0	A	1		8.108	1.464	
Glycine.....g	1.466		0	A	1		2.302	0.416	
Proline.....g	0.967		0	A	1		1.519	0.274	
Serine.....g	1.004		0	A	1		1.576	0.285	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0			7	0.0	0.0	
Caffeine.....mg	0		0	Z		7	0	0	
Theobromine.....mg	0		0	Z		7	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 157g: 1 cup whole kernels

Measure 2 = 28.35g: 1 oz (22 whole kernels)

**Footnotes:**

1 Roasted in high oleic safflower oil

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12077

Nuts, beechnuts, dried

Fagus spp.

Refuse:39% Shells

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.60		0		1		1.87		
Energy.....kcal	576		0	NC	4		163		
Energy.....kJ	2410				4		683		
Protein (N x 5.3).....g	6.20		1		1		1.76		
Total lipid (fat).....g	50.00		0		1		14.18		
Ash.....g	3.70		0		1		1.05		
Carbohydrate, by difference.....g	33.50		0	NC	4		9.50		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	1		1		1		0		
Iron, Fe.....mg	2.46		0		4		0.70		
Magnesium, Mg.....mg	0		1		1		0		
Phosphorus, P.....mg	0		1		1		0		
Potassium, K.....mg	1017		0		4		288		
Sodium, Na.....mg	38		0		4		11		
Zinc, Zn.....mg	0.36		0		4		0.10		
Copper, Cu.....mg	0.670		0		4		0.190		
Manganese, Mn.....mg	1.341		0		4		0.380		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	15.5		0		4		4.4		
Thiamin.....mg	0.304		0		4		0.086		
Riboflavin.....mg	0.371		0		4		0.105		
Niacin.....mg	0.877		0		4		0.249		
Pantothenic acid.....mg	0.925		0		4		0.262		
Vitamin B-6.....mg	0.684		0		4		0.194		
Folate, total.....µg	113		0		4		32		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	113		0		4		32		
Folate, DFE.....µg	113		0	NC	4		32		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 12077**  
**Nuts, beechnuts, dried**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g	5.719		0		1	1.621		
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g								
12:0.....g								
13:0.....g								
14:0.....g	0.063		2		1	0.018		
15:0.....g								
16:0.....g	3.569		4		1	1.012		
17:0.....g								
18:0.....g	1.183		4		1	0.335		
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	21.892		0		1	6.206		
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.287		3		1	0.081		
17:1.....g								
18:1 undifferentiated.....g	18.849		4		1	5.344		
20:1.....g	2.757		3		1	0.782		
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	20.089		0		1	5.695		
18:2 undifferentiated.....g	18.390		4		1	5.214		
18:3 undifferentiated.....g	1.700		3		1	0.482		
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7	0		
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.069		0		1	0.020		
Threonine.....g	0.221		0		1	0.063		
Isoleucine.....g	0.245		0		1	0.069		
Leucine.....g	0.367		0		1	0.104		
Lysine.....g	0.367		0		1	0.104		
Methionine.....g	0.146		0		1	0.041		
Cystine.....g	0.197		0		1	0.056		
Phenylalanine.....g	0.262		0		1	0.074		
Tyrosine.....g	0.172		0		1	0.049		
Valine.....g	0.346		0		1	0.098		
Arginine.....g	0.443		0		1	0.126		
Histidine.....g	0.172		0		1	0.049		
Alanine.....g	0.414		0		1	0.117		
Aspartic acid.....g	1.071		0		1	0.304		
Glutamic acid.....g	0.800		0		1	0.227		
Glycine.....g	0.319		0		1	0.090		
Proline.....g	0.326		0		1	0.092		
Serine.....g	0.310		0		1	0.088		
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12077**

**Nuts, beechnuts, dried**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12078

Nuts, brazilnuts, dried, unblanched (1)

Bertholletia excelsa

brazil nuts

Refuse:49% Shells

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.42	0.255	10	A	1		4.55	0.17	0.97
Energy.....kcal	659		0	NC	4		877	33	187
Energy.....kJ	2757		0	NC	4		3667	138	782
Protein (N x 5.46).....g	14.32	0.146	7	A	1		19.05	0.72	4.06
Total lipid (fat).....g	67.10	0.583	11	A	1		89.24	3.35	19.02
Ash.....g	3.43	0.079	8	A	1		4.56	0.17	0.97
Carbohydrate, by difference.....g	11.74		0	NC	4		15.61	0.59	3.33
Fiber, total dietary.....g	7.5	0.232	3	A	1		10.0	0.4	2.1
Sugars, total.....g	2.33	0.078	7	A	1		3.10	0.12	0.66
Sucrose.....g	2.33	0.078	7	A	1		3.10	0.12	0.66
Glucose (dextrose).....g	0.00	0.000	7	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	7	A	1		0.00	0.00	0.00
Lactose.....g	0.00	0.000	7	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	7	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	7	A	1		0.00	0.00	0.00
Starch.....g	0.25	0.000	7	A	1		0.33	0.01	0.07
<b>Minerals:</b>									
Calcium, Ca.....mg	160	5.660	7	A	1		213	8	45
Iron, Fe.....mg	2.43	0.030	7	A	1		3.24	0.12	0.69
Magnesium, Mg.....mg	376	3.746	7	A	1		500	19	107
Phosphorus, P.....mg	725	5.614	7	A	1		964	36	206
Potassium, K.....mg	659	8.853	7	A	1		876	33	187
Sodium, Na.....mg	3	0.252	7	A	1		4	0	1
Zinc, Zn.....mg	4.06	0.043	7	A	1		5.39	0.20	1.15
Copper, Cu.....mg	1.743	0.021	7	A	1		2.318	0.087	0.494
Manganese, Mn.....mg	1.223	0.052	7	A	1		1.626	0.061	0.347
Selenium, Se.....µg	1917.0	231.798	15	A	1		2549.7	95.9	543.5
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7	0.000	3	A	1		1.0	0.0	0.2
Thiamin.....mg	0.617	0.053	7	A	1		0.821	0.031	0.175
Riboflavin.....mg	0.035	0.001	7	A	1		0.047	0.002	0.010
Niacin.....mg	0.295	0.019	7	A	1		0.392	0.015	0.084
Pantothenic acid.....mg	0.184	0.012	7	A	1		0.244	0.009	0.052
Vitamin B-6.....mg	0.101	0.004	7	A	1		0.135	0.005	0.029
Folate, total.....µg	22	2.316	4	A	1		30	1	6
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	22	2.316	4	A	1		30	1	6
Folate, DFE.....µg	22		0	NC	4		30	1	6
Choline, total.....mg	28.8		0	AS	1		38.2	1.4	8.2
Betaine.....mg	0.4		2	A	1		0.6	0.0	0.1
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		1	A	1		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		1	A	1		0	0	0
Carotene, alpha.....µg	0		1	A	1		0	0	0
Cryptoxanthin, beta.....µg	0		1	A	1		0	0	0
Vitamin A, IU.....IU	0		1	A	1		0	0	0
Lycopene.....µg	0		1	A	1		0	0	0
Lutein + zeaxanthin.....µg	0		1	A	1		0	0	0
Vitamin E (alpha-tocopherol).....mg	5.65	1.091	9	A	1		7.52	0.28	1.60
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.01	0.008	9	A	1		0.01	0.00	0.00
Tocopherol, gamma.....mg	9.56	2.272	9	A	1		12.72	0.48	2.71
Tocopherol, delta.....mg	0.63	0.485	9	A	1		0.83	0.03	0.18
Tocotrienol, alpha.....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.17	0.004	7	A	1		0.22	0.01	0.05
Tocotrienol, delta.....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.0	0.000	7	A	1		0.0	0.0	0.0
Dihydrophyloquinone.....µg	0.0	0.000	7	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	16.134		0	NC	4		21.458	0.807	4.574
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.046	0.007	4	A	1		0.062	0.002	0.013
15:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:0.....g	9.626	0.221	7	A	1		12.803	0.481	2.729
17:0.....g	0.041	0.021	4	A	1		0.055	0.002	0.012
18:0.....g	6.244	0.250	7	A	1		8.304	0.312	1.770
20:0.....g	0.167	0.009	4	A	1		0.222	0.008	0.047
22:0.....g	0.010	0.010	7	A	1		0.013	0.000	0.003
24:0.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	23.879		0	NC	4		31.759	1.194	6.770
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.214	0.013	7	A	1		0.284	0.011	0.061
17:1.....g	0.045	0.009	3	A	1		0.059	0.002	0.013
18:1 undifferentiated.....g	23.594	1.616	7	A	1		31.380	1.180	6.689
20:1.....g	0.027	0.015	7	A	1		0.035	0.001	0.008
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	24.399		0	NC	4		32.450	1.220	6.917
18:2 undifferentiated.....g	24.363	1.992	7	JA	6		32.403	1.218	6.907
18:2 n-6 c,c.....g	23.859		3	A	1		31.732	1.193	6.764
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.036		0	AS	1		0.047	0.002	0.010
18:3 n-3 c,c,c (ALA).....g	0.018	0.017	6	A	1		0.024	0.001	0.005
18:3 n-6 c,c,c.....g	0.018	0.000	3	A	1		0.024	0.001	0.005
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Stigmasterol.....mg	6	0.344	7	A	1		8	0	2
Campesterol.....mg	2	0.340	7	A	1		2	0	0
Beta-sitosterol.....mg	64	1.674	7	A	1		86	3	18



NDB No. 12078

Nuts, brazilnuts, dried, unblanched (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Amino Acids:</b>									
Tryptophan.....g	0.135		0	A	1		0.180	0.007	0.038
Threonine.....g	0.365		0	A	1		0.485	0.018	0.103
Isoleucine.....g	0.518		0	A	1		0.689	0.026	0.147
Leucine.....g	1.190		0	A	1		1.582	0.059	0.337
Lysine.....g	0.490		0	A	1		0.651	0.024	0.139
Methionine.....g	1.124		0	A	1		1.495	0.056	0.319
Cystine.....g	0.306		0	A	1		0.406	0.015	0.087
Phenylalanine.....g	0.639		0	A	1		0.850	0.032	0.181
Tyrosine.....g	0.416		0	A	1		0.553	0.021	0.118
Valine.....g	0.760		0	A	1		1.011	0.038	0.216
Arginine.....g	2.140		0	A	1		2.846	0.107	0.607
Histidine.....g	0.409		0	A	1		0.545	0.020	0.116
Alanine.....g	0.609		0	A	1		0.810	0.030	0.173
Aspartic acid.....g	1.325		0	A	1		1.762	0.066	0.376
Glutamic acid.....g	3.190		0	A	1		4.243	0.160	0.904
Glycine.....g	0.733		0	A	1		0.975	0.037	0.208
Proline.....g	0.706		0	A	1		0.939	0.035	0.200
Serine.....g	0.676		0	A	1		0.899	0.034	0.192
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

- Measure 1 = 133g: 1 cup, whole
- Measure 2 = 5.0g: 1 kernel
- Measure 3 = 28.35g: 1 oz (6 kernels)

**Footnotes:**

1 Other phytosterols total 51.5 mg/100g; these include delta 5-avenasterol + beta-sitosterol (19.7) and other minor phytosterols.

**Calories Factors: Protein 3.47      Fat 8.37      Carbohydrate 4.07**

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12084  
 Nuts, butternuts, dried  
*Juglans cinerea*

Refuse:73% Shells

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.34	0.330	4		1		4.01	0.95	0.10
Energy.....kcal	612		0	NC	4		734	174	18
Energy.....kJ	2561				4		3073	726	77
Protein (N x 5.3).....g	24.90	1.353	6		1		29.88	7.06	0.75
Total lipid (fat).....g	56.98	0.540	12		1		68.38	16.15	1.71
Ash.....g	2.73	0.215	4		1		3.28	0.77	0.08
Carbohydrate, by difference.....g	12.05		0	NC	4		14.46	3.42	0.36
Fiber, total dietary.....g	4.7		0		4		5.6	1.3	0.1
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	53	1.808	4		1		64	15	2
Iron, Fe.....mg	4.02	0.197	4		1		4.82	1.14	0.12
Magnesium, Mg.....mg	237	15.785	4		1		284	67	7
Phosphorus, P.....mg	446	37.420	4		1		535	126	13
Potassium, K.....mg	421	16.561	4		1		505	119	13
Sodium, Na.....mg	1	0.136	4		1		1	0	0
Zinc, Zn.....mg	3.13	0.454	4		1		3.76	0.89	0.09
Copper, Cu.....mg	0.450	0.061	4		1		0.540	0.128	0.014
Manganese, Mn.....mg	6.560	0.437	4		1		7.872	1.860	0.197
Selenium, Se.....µg	17.2		0	BFSN	4		20.6	4.9	0.5
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.2		0		4		3.8	0.9	0.1
Thiamin.....mg	0.383		0		4		0.460	0.109	0.011
Riboflavin.....mg	0.148		0		4		0.178	0.042	0.004
Niacin.....mg	1.045		0		4		1.254	0.296	0.031
Pantothenic acid.....mg	0.633		0		4		0.760	0.179	0.019
Vitamin B-6.....mg	0.560		0		4		0.672	0.159	0.017
Folate, total.....µg	66		0		4		79	19	2
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	66		0		4		79	19	2
Folate, DFE.....µg	66		0	NC	4		79	19	2
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	6		0		4		7	2	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	124		0		4		149	35	4
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 12084  
Nuts, butternuts, dried

---

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Confidence Code			

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 120g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 3.0g: 1 nutmeat

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 12588

Nuts, cashew butter, plain, with salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.606		0	FLC	4		1.697	3.007	
4:0.....g	0.000		0	FLC	4		0.000	0.000	
6:0.....g	0.000		0	FLC	4		0.000	0.000	
8:0.....g	0.116		0	FLC	4		0.019	0.033	
10:0.....g	0.116		0	FLC	4		0.019	0.033	
12:0.....g	0.687		0	FLC	4		0.110	0.195	
13:0.....g									
14:0.....g	0.333		0	FLC	4		0.053	0.094	
15:0.....g									
16:0.....g	5.197		0	FLC	4		0.831	1.473	
17:0.....g									
18:0.....g	3.784		0	FLC	4		0.605	1.073	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	26.709		0	FLC	4		4.273	7.572	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.254		0	FLC	4		0.041	0.072	
17:1.....g									
18:1 undifferentiated.....g	26.303		0	FLC	4		4.209	7.457	
20:1.....g	0.111		0	FLC	4		0.018	0.031	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.371		0	FLC	4		2.139	3.791	
18:2 undifferentiated.....g	13.200		0	FLC	4		2.112	3.742	
18:3 undifferentiated.....g	0.159		0	FLC	4		0.026	0.045	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	LC	8		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.162		0	LC	8		0.026	0.046	
Threonine.....g	0.388		0	LC	8		0.062	0.110	
Isoleucine.....g	0.445		0	LC	8		0.071	0.126	
Leucine.....g	0.831		0	LC	8		0.133	0.235	
Lysine.....g	0.523		0	LC	8		0.084	0.148	
Methionine.....g	0.204		0	LC	8		0.033	0.058	
Cystine.....g	0.222		0	LC	8		0.036	0.063	
Phenylalanine.....g	0.537		0	LC	8		0.086	0.152	
Tyrosine.....g	0.286		0	LC	8		0.046	0.081	
Valine.....g	0.617		0	LC	8		0.099	0.175	
Arginine.....g	1.198		0	LC	8		0.192	0.340	
Histidine.....g	0.257		0	LC	8		0.041	0.073	
Alanine.....g	0.472		0	LC	8		0.076	0.134	
Aspartic acid.....g	1.013		0	LC	8		0.162	0.287	
Glutamic acid.....g	2.542		0	LC	8		0.407	0.721	
Glycine.....g	0.529		0	LC	8		0.085	0.150	
Proline.....g	0.458		0	LC	8		0.073	0.130	
Serine.....g	0.609		0	LC	8		0.097	0.173	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 12588

Nuts, cashew butter, plain, with salt added

---

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Theobromine.....mg	0		0	Z	7	0		0	

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 16g: 1 tbsp

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12088

Nuts, cashew butter, plain, without salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.96	0.889	3		1		0.47	0.84	
Energy.....kcal	587		0	NC	4		94	166	
Energy.....kJ	2456				4		393	696	
Protein (N x 5.3).....g	17.56	0.592	3		1		2.81	4.98	
Total lipid (fat).....g	49.41	0.376	3		1		7.91	14.01	
Ash.....g	2.50	0.105	3		1		0.40	0.71	
Carbohydrate, by difference.....g	27.57		0	NC	4		4.41	7.82	
Fiber, total dietary.....g	2.0		0		4		0.3	0.6	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	43		0		1		7	12	
Iron, Fe.....mg	5.03		0		1		0.80	1.43	
Magnesium, Mg.....mg	258		0		1		41	73	
Phosphorus, P.....mg	457		0		1		73	130	
Potassium, K.....mg	546		0		1		87	155	
Sodium, Na.....mg	15		0		1		2	4	
Zinc, Zn.....mg	5.16		0		1		0.83	1.46	
Copper, Cu.....mg	2.190		0		1		0.350	0.621	
Manganese, Mn.....mg	0.815		0		4		0.130	0.231	
Selenium, Se.....µg	11.5		0	BFSN	4		1.8	3.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.312		0		1		0.050	0.088	
Riboflavin.....mg	0.187		0		1		0.030	0.053	
Niacin.....mg	1.599		0		1		0.256	0.453	
Pantothenic acid.....mg	1.201		0		1		0.192	0.340	
Vitamin B-6.....mg	0.252		0		1		0.040	0.071	
Folate, total.....µg	68		0		1		11	19	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	68		0		1		11	19	
Folate, DFE.....µg	68		0	NC	4		11	19	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0		1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									





NDB No. 12088

Nuts, cashew butter, plain, without salt added

---

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 16g: 1 tbsp

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 12585

Nuts, cashew nuts, dry roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.157		0		1		12.545	2.596	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.132		1		1		0.181	0.037	
10:0.....g	0.132		1		1		0.181	0.037	
12:0.....g	0.784		2		1		1.074	0.222	
13:0.....g									
14:0.....g	0.347		3		1		0.475	0.098	
15:0.....g									
16:0.....g	4.351		20		1		5.961	1.234	
17:0.....g									
18:0.....g	2.972		20		1		4.072	0.843	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	27.317		0		1		37.424	7.744	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.318		13		1		0.436	0.090	
17:1.....g									
18:1 undifferentiated.....g	26.808		21		1		36.727	7.600	
20:1.....g	0.139		4		1		0.190	0.039	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.836		0		1		10.735	2.222	
18:2 undifferentiated.....g	7.660		22		1		10.494	2.172	
18:3 undifferentiated.....g	0.161		8		1		0.221	0.046	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	158		0		1		216	45	
<b>Amino Acids:</b>									
Tryptophan.....g	0.237		5		1		0.325	0.067	
Threonine.....g	0.592		10		1		0.811	0.168	
Isoleucine.....g	0.731		9		1		1.001	0.207	
Leucine.....g	1.285		10		1		1.760	0.364	
Lysine.....g	0.817		10		1		1.119	0.232	
Methionine.....g	0.274		10		1		0.375	0.078	
Cystine.....g	0.283		10		1		0.388	0.080	
Phenylalanine.....g	0.791		10		1		1.084	0.224	
Tyrosine.....g	0.491		10		1		0.673	0.139	
Valine.....g	1.040		10		1		1.425	0.295	
Arginine.....g	1.741		10		1		2.385	0.494	
Histidine.....g	0.399		10		1		0.547	0.113	
Alanine.....g	0.702		10		1		0.962	0.199	
Aspartic acid.....g	1.505		10		1		2.062	0.427	
Glutamic acid.....g	3.624		10		1		4.965	1.027	
Glycine.....g	0.803		10		1		1.100	0.228	
Proline.....g	0.690		10		1		0.945	0.196	
Serine.....g	0.849		10		1		1.163	0.241	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 12585

Nuts, cashew nuts, dry roasted, with salt added

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Theobromine.....mg	0		0	Z	7	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 137g: 1 cup, halves and whole

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



Nuts, cashew nuts, dry roasted, without salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.157		0		1		12.545	0.788	2.596
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.132		1		1		0.181	0.011	0.037
10:0.....g	0.132		1		1		0.181	0.011	0.037
12:0.....g	0.784		2		1		1.074	0.067	0.222
13:0.....g									
14:0.....g	0.347		3		1		0.475	0.030	0.098
15:0.....g									
16:0.....g	4.351		20		1		5.961	0.374	1.234
17:0.....g									
18:0.....g	2.972		20		1		4.072	0.256	0.843
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	27.317		0		1		37.424	2.349	7.744
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.318		13		1		0.436	0.027	0.090
17:1.....g									
18:1 undifferentiated.....g	26.808		21		1		36.727	2.305	7.600
20:1.....g	0.139		4		1		0.190	0.012	0.039
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.836		0		1		10.735	0.674	2.222
18:2 undifferentiated.....g	7.660		22		1		10.494	0.659	2.172
18:3 undifferentiated.....g	0.161		8		1		0.221	0.014	0.046
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	158		0		1		216	14	45
<b>Amino Acids:</b>									
Tryptophan.....g	0.237		5		1		0.325	0.020	0.067
Threonine.....g	0.592		10		1		0.811	0.051	0.168
Isoleucine.....g	0.731		9		1		1.001	0.063	0.207
Leucine.....g	1.285		10		1		1.760	0.111	0.364
Lysine.....g	0.817		10		1		1.119	0.070	0.232
Methionine.....g	0.274		10		1		0.375	0.024	0.078
Cystine.....g	0.283		10		1		0.388	0.024	0.080
Phenylalanine.....g	0.791		10		1		1.084	0.068	0.224
Tyrosine.....g	0.491		10		1		0.673	0.042	0.139
Valine.....g	1.040		10		1		1.425	0.089	0.295
Arginine.....g	1.741		10		1		2.385	0.150	0.494
Histidine.....g	0.399		10		1		0.547	0.034	0.113
Alanine.....g	0.702		10		1		0.962	0.060	0.199
Aspartic acid.....g	1.505		10		1		2.062	0.129	0.427
Glutamic acid.....g	3.624		10		1		4.965	0.312	1.027
Glycine.....g	0.803		10		1		1.100	0.069	0.228
Proline.....g	0.690		10		1		0.945	0.059	0.196
Serine.....g	0.849		10		1		1.163	0.073	0.241
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 12085

Nuts, cashew nuts, dry roasted, without salt added

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 137g: 1 cup, halves and whole

Measure 2 = 8.6g: 1 tbsp

Measure 3 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 12586

Nuts, cashew nuts, oil roasted, with salt added (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.34	0.206	7	A	1		3.01	3.01	0.66
Energy.....kcal	581		0	NC	4		749	749	165
Energy.....kJ	2431		0	NC	4		3136	3136	689
Protein (N x 5.3).....g	16.84	0.353	8	A	1		21.73	21.73	4.77
Total lipid (fat).....g	47.77	1.866	3	A	1		61.62	61.62	13.54
Ash.....g	2.89	0.078	6	A	1		3.73	3.73	0.82
Carbohydrate, by difference.....g	30.16		0	NC	4		38.91	38.91	8.55
Fiber, total dietary.....g	3.3		2	A	1		4.3	4.3	0.9
Sugars, total.....g	5.01	0.549	8	A	1		6.46	6.46	1.42
Sucrose.....g	4.84	0.608	8	A	1		6.25	6.25	1.37
Glucose (dextrose).....g	0.08	0.033	8	A	1		0.11	0.11	0.02
Fructose.....g	0.08	0.033	8	A	1		0.11	0.11	0.02
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose.....g	0.00		2	A	1		0.00	0.00	0.00
Starch.....g	10.93	1.551	7	A	1		14.10	14.10	3.10
<b>Minerals:</b>									
Calcium, Ca.....mg	43	0.639	8	A	1		56	56	12
Iron, Fe.....mg	6.05	0.387	9	A	1		7.80	7.80	1.71
Magnesium, Mg.....mg	273	16.425	8	A	1		352	352	77
Phosphorus, P.....mg	531	37.185	8	A	1		686	686	151
Potassium, K.....mg	632	20.071	8	A	1		815	815	179
Sodium, Na.....mg	308	30.570	6	A	1		398	398	87
Zinc, Zn.....mg	5.35	0.242	8	A	1		6.91	6.91	1.52
Copper, Cu.....mg	2.043	0.098	8	A	1		2.635	2.635	0.579
Manganese, Mn.....mg	1.668	0.097	8	A	1		2.152	2.152	0.473
Selenium, Se.....µg	20.3	6.297	7	A	1		26.2	26.2	5.7
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3	0.288	8	A	1		0.4	0.4	0.1
Thiamin.....mg	0.363	0.043	8	A	1		0.469	0.469	0.103
Riboflavin.....mg	0.218	0.014	8	A	1		0.281	0.281	0.062
Niacin.....mg	1.736	0.429	8	A	1		2.239	2.239	0.492
Pantothenic acid.....mg	0.880		2	A	1		1.135	1.135	0.249
Vitamin B-6.....mg	0.323	0.091	8	A	1		0.417	0.417	0.092
Folate, total.....µg	25		2	A	1		33	33	7
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	25		2	A	1		33	33	7
Folate, DFE.....µg	25		0	NC	4		33	33	7
Choline, total.....mg	61.0		0	AS	1		78.7	78.7	17.3
Betaine.....mg	11.2	0.975	5	A	1		14.5	14.5	3.2
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0	0.000	8	A	1		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0	0.000	8	A	1		0	0	0
Carotene, alpha.....µg	0	0.000	8	A	1		0	0	0
Cryptoxanthin, beta.....µg	0	0.000	8	A	1		0	0	0
Vitamin A, IU.....IU	0	0.000	8	A	1		0	0	0
Lycopene.....µg	0	0.000	8	A	1		0	0	0
Lutein + zeaxanthin.....µg	23	1.524	8	AS	1		29	29	6
Vitamin E (alpha-tocopherol).....mg	0.92	0.244	5	A	1		1.18	1.18	0.26
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.03	0.018	5	A	1		0.04	0.04	0.01
Tocopherol, gamma.....mg	5.40	0.369	5	A	1		6.97	6.97	1.53
Tocopherol, delta.....mg	0.37	0.040	5	A	1		0.48	0.48	0.10
Tocotrienol, alpha.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.10	0.100	5	A	1		0.13	0.13	0.03

Nuts, cashew nuts, oil roasted, with salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code	Source Code				Confidence Code
Tocotrienol, gamma.....mg	0.20	0.200	5	A	1	0.26	0.26	0.06	
Tocotrienol, delta.....mg	0.00	0.000	4	A	1	0.00	0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7	0	0	0	
Vitamin K (phylloquinone).....µg	34.7	3.448	8	A	1	44.8	44.8	9.9	
Dihydrophyloquinone.....µg	0.0	0.000	8	A	1	0.0	0.0	0.0	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.478		0	NC	4	10.937	10.937	2.404	
4:0.....g	0.000		0		1	0.000	0.000	0.000	
6:0.....g	0.000		0		1	0.000	0.000	0.000	
8:0.....g	0.016		2	A	1	0.021	0.021	0.005	
10:0.....g	0.016		2	A	1	0.021	0.021	0.005	
12:0.....g	0.016		2	A	1	0.021	0.021	0.005	
13:0.....g									
14:0.....g	0.016		2	A	1	0.021	0.021	0.005	
15:0.....g	0.000		2	A	1	0.000	0.000	0.000	
16:0.....g	4.265		2	A	1	5.502	5.502	1.209	
17:0.....g	0.051		2	A	1	0.065	0.065	0.014	
18:0.....g	3.511		2	A	1	4.529	4.529	0.995	
20:0.....g	0.290		2	A	1	0.374	0.374	0.082	
22:0.....g	0.188		2	A	1	0.243	0.243	0.053	
24:0.....g	0.110		1	A	1	0.142	0.142	0.031	
Fatty acids, total monounsaturated.....g	25.923		0	NC	4	33.441	33.441	7.349	
14:1.....g	0.000		2	A	1	0.000	0.000	0.000	
15:1.....g	0.000		2	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.149		2	A	1	0.192	0.192	0.042	
17:1.....g	0.000		2	A	1	0.000	0.000	0.000	
18:1 undifferentiated.....g	25.624		2	A	1	33.056	33.056	7.265	
20:1.....g	0.150		2	A	1	0.194	0.194	0.043	
22:1 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.546		0	NC	4	11.024	11.024	2.423	
18:2 undifferentiated.....g	8.478		2	A	1	10.936	10.936	2.403	
18:3 undifferentiated.....g	0.068		2	A	1	0.088	0.088	0.019	
18:4.....g	0.000		1	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.000		2	A	1	0.000	0.000	0.000	
20:5 n-3 (EPA).....g	0.000		1	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7	0	0	0	
Phytosterols.....mg									
Stigmasterol.....mg	0	0.000	4	A	1	0	0	0	
Campesterol.....mg	10	0.756	4	A	1	13	13	3	
Beta-sitosterol.....mg	119	2.238	4	A	1	153	153	34	
<b>Amino Acids:</b>									
Tryptophan.....g	0.265		0	A	1	0.342	0.342	0.075	
Threonine.....g	0.636		0	A	1	0.820	0.820	0.180	
Isoleucine.....g	0.729		0	A	1	0.941	0.941	0.207	
Leucine.....g	1.361		0	A	1	1.756	1.756	0.386	
Lysine.....g	0.858		0	A	1	1.106	1.106	0.243	
Methionine.....g	0.334		0	A	1	0.431	0.431	0.095	
Cystine.....g	0.364		0	A	1	0.469	0.469	0.103	
Phenylalanine.....g	0.879		0	A	1	1.134	1.134	0.249	
Tyrosine.....g	0.469		0	A	1	0.606	0.606	0.133	
Valine.....g	1.011		0	A	1	1.305	1.305	0.287	

NDB No. 12586

Nuts, cashew nuts, oil roasted, with salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	1.963		0	A	1		2.532	2.532	0.556
Histidine.....g	0.421		0	A	1		0.544	0.544	0.119
Alanine.....g	0.774		0	A	1		0.999	0.999	0.219
Aspartic acid.....g	1.659		0	A	1		2.140	2.140	0.470
Glutamic acid.....g	4.165		0	A	1		5.373	5.373	1.181
Glycine.....g	0.866		0	A	1		1.117	1.117	0.245
Proline.....g	0.751		0	A	1		0.968	0.968	0.213
Serine.....g	0.997		0	A	1		1.286	1.286	0.283
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0				0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 129g: 1 cup, whole

Measure 2 = 129g: 1 cup, halves and pieces

Measure 3 = 28.35g: 1 oz (18 kernels)

**Footnotes:**

1 Other phytosterols total 35.0 mg/100g; these include delta 5-avenasterol (13.5), campestanol (2.7), and other minor phytosterols (18.9 mg).

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12086

Nuts, cashew nuts, oil roasted, without salt added (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.48	0.165	3	A	1		4.50	4.50	0.99
Energy.....kcal	580		0	NC	4		748	748	164
Energy.....kJ	2426		0	NC	4		3130	3130	688
Protein (N x 5.3).....g	16.84	0.353	8	A	1		21.73	21.73	4.77
Total lipid (fat).....g	47.77	1.866	3	A	1		61.62	61.62	13.54
Ash.....g	2.03	0.429	3	A	1		2.62	2.62	0.58
Carbohydrate, by difference.....g	29.87		0	NC	4		38.54	38.54	8.47
Fiber, total dietary.....g	3.3		2	A	1		4.3	4.3	0.9
Sugars, total.....g	5.01	0.549	8	A	1		6.46	6.46	1.42
Sucrose.....g	4.84	0.608	8	A	1		6.25	6.25	1.37
Glucose (dextrose).....g	0.08	0.033	8	A	1		0.11	0.11	0.02
Fructose.....g	0.08	0.033	8	A	1		0.11	0.11	0.02
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose.....g	0.00		2	A	1		0.00	0.00	0.00
Starch.....g	10.93	1.551	7	A	1		14.10	14.10	3.10
<b>Minerals:</b>									
Calcium, Ca.....mg	43	0.639	8	A	1		56	56	12
Iron, Fe.....mg	6.05	0.387	9	A	1		7.80	7.80	1.71
Magnesium, Mg.....mg	273	16.425	8	A	1		352	352	77
Phosphorus, P.....mg	531	37.185	8	A	1		686	686	151
Potassium, K.....mg	632	20.071	8	A	1		815	815	179
Sodium, Na.....mg	13	2.326	3	A	1		17	17	4
Zinc, Zn.....mg	5.35	0.242	8	A	1		6.91	6.91	1.52
Copper, Cu.....mg	2.043	0.098	8	A	1		2.635	2.635	0.579
Manganese, Mn.....mg	1.668	0.097	8	A	1		2.152	2.152	0.473
Selenium, Se.....µg	20.3	6.297	7	A	1		26.2	26.2	5.7
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3	0.288	8	A	1		0.4	0.4	0.1
Thiamin.....mg	0.363	0.043	8	A	1		0.469	0.469	0.103
Riboflavin.....mg	0.218	0.014	8	A	1		0.281	0.281	0.062
Niacin.....mg	1.736	0.429	8	A	1		2.239	2.239	0.492
Pantothenic acid.....mg	0.880		2	A	1		1.135	1.135	0.249
Vitamin B-6.....mg	0.323	0.091	8	A	1		0.417	0.417	0.092
Folate, total.....µg	25		2	A	1		33	33	7
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	25		2	A	1		33	33	7
Folate, DFE.....µg	25		0	NC	4		33	33	7
Choline, total.....mg	61.0		0	AS	1		78.7	78.7	17.3
Betaine.....mg	11.2	0.975	5	A	1		14.5	14.5	3.2
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0	0.000	8	A	1		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0	0.000	8	A	1		0	0	0
Carotene, alpha.....µg	0	0.000	8	A	1		0	0	0
Cryptoxanthin, beta.....µg	0	0.000	8	A	1		0	0	0
Vitamin A, IU.....IU	0	0.000	8	A	1		0	0	0
Lycopene.....µg	0	0.000	8	A	1		0	0	0
Lutein + zeaxanthin.....µg	23	1.524	8	AS	1		29	29	6
Vitamin E (alpha-tocopherol).....mg	0.92	0.244	5	A	1		1.18	1.18	0.26
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.03	0.018	5	A	1		0.04	0.04	0.01
Tocopherol, gamma.....mg	5.40	0.369	5	A	1		6.97	6.97	1.53
Tocopherol, delta.....mg	0.37	0.040	5	A	1		0.48	0.48	0.10
Tocotrienol, alpha.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.10	0.100	5	A	1		0.13	0.13	0.03

Nuts, cashew nuts, oil roasted, without salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.20	0.200	5	A	1	0.26	0.26	0.06	
Tocotrienol, delta.....mg	0.00	0.000	5	A	1	0.00	0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7	0	0	0	
Vitamin K (phylloquinone).....µg	34.7	3.448	8	A	1	44.8	44.8	9.9	
Dihydrophyloquinone.....µg	0.0	0.000	8	A	1	0.0	0.0	0.0	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.478		0	NC	4	10.937	10.937	2.404	
4:0.....g	0.000		0		1	0.000	0.000	0.000	
6:0.....g	0.000		0		1	0.000	0.000	0.000	
8:0.....g	0.016		2	A	1	0.021	0.021	0.005	
10:0.....g	0.016		2	A	1	0.021	0.021	0.005	
12:0.....g	0.016		2	A	1	0.021	0.021	0.005	
13:0.....g									
14:0.....g	0.016		2	A	1	0.021	0.021	0.005	
15:0.....g	0.000		2	A	1	0.000	0.000	0.000	
16:0.....g	4.265		2	A	1	5.502	5.502	1.209	
17:0.....g	0.051		2	A	1	0.065	0.065	0.014	
18:0.....g	3.511		2	A	1	4.529	4.529	0.995	
20:0.....g	0.290		2	A	1	0.374	0.374	0.082	
22:0.....g	0.188		2	A	1	0.243	0.243	0.053	
24:0.....g	0.110		1	A	1	0.142	0.142	0.031	
Fatty acids, total monounsaturated.....g	25.923		0	NC	4	33.441	33.441	7.349	
14:1.....g	0.000		2	A	1	0.000	0.000	0.000	
15:1.....g	0.000		2	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.149		2	A	1	0.192	0.192	0.042	
17:1.....g	0.000		2	A	1	0.000	0.000	0.000	
18:1 undifferentiated.....g	25.624		2	A	1	33.056	33.056	7.265	
20:1.....g	0.150		2	A	1	0.194	0.194	0.043	
22:1 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.546		0	NC	4	11.024	11.024	2.423	
18:2 undifferentiated.....g	8.478		2	A	1	10.936	10.936	2.403	
18:3 undifferentiated.....g	0.068		2	A	1	0.088	0.088	0.019	
18:4.....g	0.000		1	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.000		2	A	1	0.000	0.000	0.000	
20:5 n-3 (EPA).....g	0.000		1	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7	0	0	0	
Phytosterols.....mg									
Stigmasterol.....mg	0	0.000	4	A	1	0	0	0	
Campesterol.....mg	10	0.756	4	A	1	13	13	3	
Beta-sitosterol.....mg	119	2.238	4	A	1	153	153	34	
<b>Amino Acids:</b>									
Tryptophan.....g	0.265		0	A	1	0.342	0.342	0.075	
Threonine.....g	0.636		0	A	1	0.820	0.820	0.180	
Isoleucine.....g	0.729		0	A	1	0.941	0.941	0.207	
Leucine.....g	1.361		0	A	1	1.756	1.756	0.386	
Lysine.....g	0.858		0	A	1	1.106	1.106	0.243	
Methionine.....g	0.334		0	A	1	0.431	0.431	0.095	
Cystine.....g	0.364		0	A	1	0.469	0.469	0.103	
Phenylalanine.....g	0.879		0	A	1	1.134	1.134	0.249	
Tyrosine.....g	0.469		0	A	1	0.606	0.606	0.133	
Valine.....g	1.011		0	A	1	1.305	1.305	0.287	

NDB No. 12086

Nuts, cashew nuts, oil roasted, without salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	1.963		0	A	1		2.532	2.532	0.556
Histidine.....g	0.421		0	A	1		0.544	0.544	0.119
Alanine.....g	0.774		0	A	1		0.999	0.999	0.219
Aspartic acid.....g	1.659		0	A	1		2.140	2.140	0.470
Glutamic acid.....g	4.165		0	A	1		5.373	5.373	1.181
Glycine.....g	0.866		0	A	1		1.117	1.117	0.245
Proline.....g	0.751		0	A	1		0.968	0.968	0.213
Serine.....g	0.997		0	A	1		1.286	1.286	0.283
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0				0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 129g: 1 cup, whole

Measure 2 = 129g: 1 cup, halves and pieces

Measure 3 = 28.35g: 1 oz (18 kernels)

**Footnotes:**

1 Other phytosterols total 35.0 mg/100g; these include delta 5-avenasterol (13.5), campestanol (2.7), and other minor phytosterols (18.9 mg).

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12087

Nuts, cashew nuts, raw (1, 2)

Anacardium occidentale

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	5.20		2	A	1		1.47		
Energy.....kcal	553		0	NC	4		157		
Energy.....kJ	2314		0	NC	4		656		
Protein (N x 5.3).....g	18.22		2	A	1		5.17		
Total lipid (fat).....g	43.85		0	O	4		12.43		
Ash.....g	2.54		2	A	1		0.72		
Carbohydrate, by difference.....g	30.19		0	NC	4		8.56		
Fiber, total dietary.....g	3.3		0	BFSN	4		0.9		
Sugars, total.....g	5.91		2	A	1		1.68		
Sucrose.....g	5.81		2	A	1		1.65		
Glucose (dextrose).....g	0.05		2	A	1		0.01		
Fructose.....g	0.05		2	A	1		0.01		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	0.00		2	A	1		0.00		
Galactose.....g	0.00		0	BFSN	4		0.00		
Starch.....g	23.49		2	A	1		6.66		
<b>Minerals:</b>									
Calcium, Ca.....mg	37		2	A	1		11		
Iron, Fe.....mg	6.68		2	A	1		1.89		
Magnesium, Mg.....mg	292		2	A	1		83		
Phosphorus, P.....mg	593		2	A	1		168		
Potassium, K.....mg	660		2	A	1		187		
Sodium, Na.....mg	12		2	A	1		3		
Zinc, Zn.....mg	5.78		2	A	1		1.64		
Copper, Cu.....mg	2.195		2	A	1		0.622		
Manganese, Mn.....mg	1.655		2	A	1		0.469		
Selenium, Se.....µg	19.9		0	BFSN	4		5.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		2	A	1		0.1		
Thiamin.....mg	0.423		2	A	1		0.120		
Riboflavin.....mg	0.058		2	A	1		0.016		
Niacin.....mg	1.062		2	A	1		0.301		
Pantothenic acid.....mg	0.864		0	BFSN	4		0.245		
Vitamin B-6.....mg	0.417		2	A	1		0.118		
Folate, total.....µg	25		0	BFSN	4		7		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	25		0	BFSN	4		7		
Folate, DFE.....µg	25		0	NC	4		7		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	BFSN	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	BFSN	4		0		
Carotene, alpha.....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	0		0	BFSN	4		0		
Lycopene.....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....µg	22		0	BFSN	4		6		
Vitamin E (alpha-tocopherol).....mg	0.90		0	BFSN	4		0.26		
Tocopherol, beta.....mg	0.03		0	BFSN	4		0.01		
Tocopherol, gamma.....mg	5.31		0	BFSN	4		1.50		
Tocopherol, delta.....mg	0.36		0	BFSN	4		0.10		
Tocotrienol, alpha.....mg	0.00		0	BFSN	4		0.00		
Tocotrienol, beta.....mg	0.10		0	BFSN	4		0.03		
Tocotrienol, gamma.....mg	0.20		0	BFSN	4		0.06		
Tocotrienol, delta.....mg	0.00		0	BFSN	4		0.00		

**NDB No. 12087**  
**Nuts, cashew nuts, raw (1, 2)**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	34.1		0	BFSN	4		9.7		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b><u>Lipids:</u></b>									
Fatty acids, total saturated.....g	7.783		0	NC	4		2.207		
4:0.....g	0.000		0	BFFN	4		0.000		
6:0.....g	0.000		0	BFFN	4		0.000		
8:0.....g	0.015		0	BFFN	4		0.004		
10:0.....g	0.015		0	BFFN	4		0.004		
12:0.....g	0.015		0	BFFN	4		0.004		
13:0.....g									
14:0.....g	0.015		0	BFFN	4		0.004		
15:0.....g	0.000		0	BFFN	4		0.000		
16:0.....g	3.916		0	BFFN	4		1.110		
17:0.....g	0.046		0	BFFN	4		0.013		
18:0.....g	3.223		0	BFFN	4		0.914		
20:0.....g	0.266		0	BFFN	4		0.075		
22:0.....g	0.173		0	BFFN	4		0.049		
24:0.....g	0.101		0	BFFN	4		0.029		
Fatty acids, total monounsaturated.....g	23.797		0	NC	4		6.747		
14:1.....g	0.000		0	BFFN	4		0.000		
15:1.....g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated.....g	0.136		0	BFFN	4		0.039		
17:1.....g	0.000		0	BFFN	4		0.000		
18:1 undifferentiated.....g	23.523		0	BFFN	4		6.669		
20:1.....g	0.138		0	BFFN	4		0.039		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.845		0	NC	4		2.224		
18:2 undifferentiated.....g	7.782		0	BFFN	4		2.206		
18:3 undifferentiated.....g	0.062		0	BFFN	4		0.018		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g	0.000		0	BFFN	4		0.000		
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Stigmasterol.....mg	0		1	A	1		0		
Campesterol.....mg	9		1	A	1		3		
Beta-sitosterol.....mg	113		1	A	1		32		
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.287		0	A	1		0.081		
Threonine.....g	0.688		0	A	1		0.195		
Isoleucine.....g	0.789		0	A	1		0.224		
Leucine.....g	1.472		0	A	1		0.417		
Lysine.....g	0.928		0	A	1		0.263		
Methionine.....g	0.362		0	A	1		0.102		
Cystine.....g	0.393		0	A	1		0.112		
Phenylalanine.....g	0.951		0	A	1		0.270		
Tyrosine.....g	0.508		0	A	1		0.144		
Valine.....g	1.094		0	A	1		0.310		
Arginine.....g	2.123		0	A	1		0.602		
Histidine.....g	0.456		0	A	1		0.129		



NDB No. 12087  
 Nuts, cashew nuts, raw (1, 2)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Alanine.....g	0.837		0	A	1	0.237		
Aspartic acid.....g	1.795		0	A	1	0.509		
Glutamic acid.....g	4.506		0	A	1	1.277		
Glycine.....g	0.937		0	A	1	0.266		
Proline.....g	0.812		0	A	1	0.230		
Serine.....g	1.079		0	A	1	0.306		
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Footnotes:**

- 1 Raw cashews have been heat-treated to safely remove kernel from shell, but not further roasted.
- 2 Other phytosterols = 29 mg/100g; these include 2 mg campestanol, 14 mg delta-5-avenasterol, and 13 mg other minor sterols.

**Calories Factors: Protein 3.47                      Fat 8.37                      Carbohydrate 4.07**

**Food Group:** 12 Nut and Seed Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12095

Nuts, chestnuts, chinese, boiled and steamed

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	61.57		0		1		17.46		
Energy.....kcal	153		0	NC	4		43		
Energy.....kJ	640		0		4		181		
Protein (N x 5.3).....g	2.88		0		1		0.82		
Total lipid (fat).....g	0.76		0		1		0.22		
Ash.....g	1.14		0		1		0.32		
Carbohydrate, by difference.....g	33.64		0	NC	4		9.54		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12		0		1		3		
Iron, Fe.....mg	0.97		0		1		0.27		
Magnesium, Mg.....mg	58		0		1		16		
Phosphorus, P.....mg	66		0		1		19		
Potassium, K.....mg	306		0		1		87		
Sodium, Na.....mg	2		0		1		1		
Zinc, Zn.....mg	0.60		0		1		0.17		
Copper, Cu.....mg	0.249		0		1		0.071		
Manganese, Mn.....mg	1.097		0		1		0.311		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	24.7		0		4		7.0		
Thiamin.....mg	0.110		0		4		0.031		
Riboflavin.....mg	0.123		0		4		0.035		
Niacin.....mg	0.548		0		4		0.155		
Pantothenic acid.....mg	0.381		0		4		0.108		
Vitamin B-6.....mg	0.281		0		4		0.080		
Folate, total.....µg	46		0		4		13		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	46		0		4		13		
Folate, DFE.....µg	46		0	NC	4		13		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	7		0		4		2		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	138		0		4		39		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

## Nuts, chestnuts, chinese, boiled and steamed

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.112		0		1		0.032		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.104		0		1		0.029		
17:0.....g									
18:0.....g	0.008		0		1		0.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.399		0		1		0.113		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.383		0		1		0.109		
20:1.....g	0.007		0		1		0.002		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.197		0		1		0.056		
18:2 undifferentiated.....g	0.177		0		1		0.050		
18:3 undifferentiated.....g	0.019		0		1		0.005		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.034		0		1		0.010		
Threonine.....g	0.115		0		1		0.033		
Isoleucine.....g	0.108		0		1		0.031		
Leucine.....g	0.178		0		1		0.050		
Lysine.....g	0.156		0		1		0.044		
Methionine.....g	0.070		0		1		0.020		
Cystine.....g	0.075		0		1		0.021		
Phenylalanine.....g	0.130		0		1		0.037		
Tyrosine.....g	0.086		0		1		0.024		
Valine.....g	0.151		0		1		0.043		
Arginine.....g	0.295		0		1		0.084		
Histidine.....g	0.083		0		1		0.024		
Alanine.....g	0.137		0		1		0.039		
Aspartic acid.....g	0.584		0		1		0.166		
Glutamic acid.....g	0.368		0		1		0.104		
Glycine.....g	0.126		0		1		0.036		
Proline.....g	0.111		0		1		0.031		
Serine.....g	0.126		0		1		0.036		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12095**

**Nuts, chestnuts, chinese, boiled and steamed**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

**NDB No. 12094**  
**Nuts, chestnuts, chinese, dried**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	8.90		0		1		2.52		
Energy.....kcal	363		0	NC	4		103		
Energy.....kJ	1519				4		431		
Protein (N x 5.3).....g	6.82		0		1		1.93		
Total lipid (fat).....g	1.81		0		1		0.51		
Ash.....g	2.71		0		1		0.77		
Carbohydrate, by difference.....g	79.76		0	NC	4		22.61		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	29		0		1		8		
Iron, Fe.....mg	2.29		0		1		0.65		
Magnesium, Mg.....mg	137		0		1		39		
Phosphorus, P.....mg	155		0		1		44		
Potassium, K.....mg	726		0		1		206		
Sodium, Na.....mg	5		0		1		1		
Zinc, Zn.....mg	1.41		0		1		0.40		
Copper, Cu.....mg	0.590		0		1		0.167		
Manganese, Mn.....mg	2.601		0		1		0.737		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	58.5		0		4		16.6		
Thiamin.....mg	0.260		0		4		0.074		
Riboflavin.....mg	0.293		0		4		0.083		
Niacin.....mg	1.300		0		4		0.369		
Pantothenic acid.....mg	0.902		0		4		0.256		
Vitamin B-6.....mg	0.666		0		4		0.189		
Folate, total.....µg	110		0		4		31		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	110		0		4		31		
Folate, DFE.....µg	110		0	NC	4		31		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	16		0		4		5		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	328		0		4		93		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 12094**  
**Nuts, chestnuts, chinese, dried**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	0.266		0			1			0.075
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.246		0			1			0.070
17:0.....g									
18:0.....g	0.019		0			1			0.005
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.945		0			1			0.268
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0			1			0.003
17:1.....g									
18:1 undifferentiated.....g	0.909		0			1			0.258
20:1.....g	0.017		0			1			0.005
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.468		0			1			0.133
18:2 undifferentiated.....g	0.419		0			1			0.119
18:3 undifferentiated.....g	0.045		0			1			0.013
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7			0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.080		0			1			0.023
Threonine.....g	0.272		0			1			0.077
Isoleucine.....g	0.255		0			1			0.072
Leucine.....g	0.421		0			1			0.119
Lysine.....g	0.371		0			1			0.105
Methionine.....g	0.165		0			1			0.047
Cystine.....g	0.179		0			1			0.051
Phenylalanine.....g	0.309		0			1			0.088
Tyrosine.....g	0.203		0			1			0.058
Valine.....g	0.358		0			1			0.101
Arginine.....g	0.699		0			1			0.198
Histidine.....g	0.197		0			1			0.056
Alanine.....g	0.324		0			1			0.092
Aspartic acid.....g	1.385		0			1			0.393
Glutamic acid.....g	0.873		0			1			0.247
Glycine.....g	0.299		0			1			0.085
Proline.....g	0.263		0			1			0.075
Serine.....g	0.299		0			1			0.085
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12094**

**Nuts, chestnuts, chinese, dried**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12093

Nuts, chestnuts, chinese, raw

*Castanea mollissima*

Refuse:16% Shells

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	43.95		1		1		12.46		
Energy.....kcal	224		0	NC	4		64		
Energy.....kJ	937				4		266		
Protein (N x 5.3).....g	4.20		2		1		1.19		
Total lipid (fat).....g	1.11		2		1		0.31		
Ash.....g	1.67		2		1		0.47		
Carbohydrate, by difference.....g	49.07		0	NC	4		13.91		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18		2		1		5		
Iron, Fe.....mg	1.41		2		1		0.40		
Magnesium, Mg.....mg	84		2		1		24		
Phosphorus, P.....mg	96		2		1		27		
Potassium, K.....mg	447		2		1		127		
Sodium, Na.....mg	3		2		1		1		
Zinc, Zn.....mg	0.87		2		1		0.25		
Copper, Cu.....mg	0.363		2		1		0.103		
Manganese, Mn.....mg	1.601		2		1		0.454		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	36.0		0		1		10.2		
Thiamin.....mg	0.160		0		1		0.045		
Riboflavin.....mg	0.180		0		1		0.051		
Niacin.....mg	0.800		0		1		0.227		
Pantothenic acid.....mg	0.555		0		4		0.157		
Vitamin B-6.....mg	0.410		0		4		0.116		
Folate, total.....µg	68		0		4		19		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	68		0		4		19		
Folate, DFE.....µg	68		0	NC	4		19		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	10		0		1		3		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	202		0		1		57		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**



**NDB No. 12093**  
**Nuts, chestnuts, chinese, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.164		0		1		0.046
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g							
15:0.....g							
16:0.....g	0.151		1		1		0.043
17:0.....g							
18:0.....g	0.011		1		1		0.003
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.581		0		1		0.165
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.008		2		1		0.002
17:1.....g							
18:1 undifferentiated.....g	0.559		2		1		0.158
20:1.....g	0.010		1		1		0.003
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.288		0		1		0.082
18:2 undifferentiated.....g	0.258		2		1		0.073
18:3 undifferentiated.....g	0.028		2		1		0.008
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7		0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.049		2		1		0.014
Threonine.....g	0.167		2		1		0.047
Isoleucine.....g	0.157		2		1		0.045
Leucine.....g	0.259		2		1		0.073
Lysine.....g	0.228		2		1		0.065
Methionine.....g	0.101		2		1		0.029
Cystine.....g	0.110		2		1		0.031
Phenylalanine.....g	0.190		2		1		0.054
Tyrosine.....g	0.125		2		1		0.035
Valine.....g	0.220		2		1		0.062
Arginine.....g	0.430		2		1		0.122
Histidine.....g	0.121		2		1		0.034
Alanine.....g	0.200		2		1		0.057
Aspartic acid.....g	0.852		2		1		0.242
Glutamic acid.....g	0.537		2		1		0.152
Glycine.....g	0.184		2		1		0.052
Proline.....g	0.162		2		1		0.046
Serine.....g	0.184		2		1		0.052
Hydroxyproline.....g							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12093**

**Nuts, chestnuts, chinese, raw**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

**NDB No. 12096**  
**Nuts, chestnuts, chinese, roasted**

Refuse:25% Shells

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	40.20		0		1		11.40		
Energy.....kcal	239		0	NC	4		68		
Energy.....kJ	1000				4		283		
Protein (N x 5.3).....g	4.48		0		1		1.27		
Total lipid (fat).....g	1.19		0		1		0.34		
Ash.....g	1.78		0		1		0.50		
Carbohydrate, by difference.....g	52.36		0	NC	4		14.84		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	19		0		1		5		
Iron, Fe.....mg	1.50		0		1		0.43		
Magnesium, Mg.....mg	90		0		1		26		
Phosphorus, P.....mg	102		0		1		29		
Potassium, K.....mg	477		0		1		135		
Sodium, Na.....mg	4		0		1		1		
Zinc, Zn.....mg	0.93		0		1		0.26		
Copper, Cu.....mg	0.387		0		1		0.110		
Manganese, Mn.....mg	1.708		0		4		0.484		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	38.4		0		4		10.9		
Thiamin.....mg	0.150		0		1		0.043		
Riboflavin.....mg	0.090		0		1		0.026		
Niacin.....mg	1.500		0		1		0.425		
Pantothenic acid.....mg	0.592		0		4		0.168		
Vitamin B-6.....mg	0.437		0		4		0.124		
Folate, total.....µg	72		0		4		20		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	72		0		4		20		
Folate, DFE.....µg	72		0	NC	4		20		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	5		0		1		1		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

**NDB No. 12096**  
**Nuts, chestnuts, chinese, roasted**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.175		0		1		0.050
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g							
15:0.....g							
16:0.....g	0.161		0		1		0.046
17:0.....g							
18:0.....g	0.012		0		1		0.003
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.620		0		1		0.176
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.008		0		1		0.002
17:1.....g							
18:1 undifferentiated.....g	0.596		0		1		0.169
20:1.....g	0.011		0		1		0.003
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.307		0		1		0.087
18:2 undifferentiated.....g	0.275		0		1		0.078
18:3 undifferentiated.....g	0.030		0		1		0.009
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7		0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.052		0		1		0.015
Threonine.....g	0.178		0		1		0.050
Isoleucine.....g	0.167		0		1		0.047
Leucine.....g	0.276		0		1		0.078
Lysine.....g	0.243		0		1		0.069
Methionine.....g	0.108		0		1		0.031
Cystine.....g	0.117		0		1		0.033
Phenylalanine.....g	0.203		0		1		0.058
Tyrosine.....g	0.134		0		1		0.038
Valine.....g	0.235		0		1		0.067
Arginine.....g	0.459		0		1		0.130
Histidine.....g	0.129		0		1		0.037
Alanine.....g	0.213		0		1		0.060
Aspartic acid.....g	0.909		0		1		0.258
Glutamic acid.....g	0.573		0		1		0.162
Glycine.....g	0.196		0		1		0.056
Proline.....g	0.172		0		1		0.049
Serine.....g	0.196		0		1		0.056
Hydroxyproline.....g							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12096**

**Nuts, chestnuts, chinese, roasted**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12101

Nuts, chestnuts, european, boiled and steamed

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	68.15		0		1		19.32		
Energy.....kcal	131		0	NC	4		37		
Energy.....kJ	548				4		155		
Protein (N x 5.3).....g	2.00		1		1		0.57		
Total lipid (fat).....g	1.38		1		1		0.39		
Ash.....g	0.71		0		1		0.20		
Carbohydrate, by difference.....g	27.76		0	NC	4		7.87		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	46		0		1		13		
Iron, Fe.....mg	1.73		0		1		0.49		
Magnesium, Mg.....mg	54		0		1		15		
Phosphorus, P.....mg	99		0		1		28		
Potassium, K.....mg	715		0		1		203		
Sodium, Na.....mg	27		0		1		8		
Zinc, Zn.....mg	0.25		0		1		0.07		
Copper, Cu.....mg	0.472		0		1		0.134		
Manganese, Mn.....mg	0.854		0		1		0.242		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	26.7		0		4		7.6		
Thiamin.....mg	0.148		0		4		0.042		
Riboflavin.....mg	0.104		0		4		0.029		
Niacin.....mg	0.731		0		4		0.207		
Pantothenic acid.....mg	0.316		0		4		0.090		
Vitamin B-6.....mg	0.233		0		4		0.066		
Folate, total.....µg	38		0		4		11		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	38		0		4		11		
Folate, DFE.....µg	38		0	NC	4		11		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	1		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	17		0		4		5		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 12101

Nuts, chestnuts, european, boiled and steamed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.260		0		1		0.074		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.006		0		1		0.002		
15:0.....g									
16:0.....g	0.234		0		1		0.066		
17:0.....g									
18:0.....g	0.013		0		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.476		0		1		0.135		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.457		0		1		0.130		
20:1.....g	0.006		0		1		0.002		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.545		0		1		0.155		
18:2 undifferentiated.....g	0.487		0		1		0.138		
18:3 undifferentiated.....g	0.058		0		1		0.016		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.022		0		1		0.006		
Threonine.....g	0.071		0		1		0.020		
Isoleucine.....g	0.079		0		1		0.022		
Leucine.....g	0.118		0		1		0.033		
Lysine.....g	0.118		0		1		0.033		
Methionine.....g	0.047		0		1		0.013		
Cystine.....g	0.063		0		1		0.018		
Phenylalanine.....g	0.084		0		1		0.024		
Tyrosine.....g	0.055		0		1		0.016		
Valine.....g	0.112		0		1		0.032		
Arginine.....g	0.143		0		1		0.041		
Histidine.....g	0.055		0		1		0.016		
Alanine.....g	0.133		0		1		0.038		
Aspartic acid.....g	0.345		0		1		0.098		
Glutamic acid.....g	0.258		0		1		0.073		
Glycine.....g	0.103		0		1		0.029		
Proline.....g	0.105		0		1		0.030		
Serine.....g	0.100		0		1		0.028		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12101**

**Nuts, chestnuts, european, boiled and steamed**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 12100

Nuts, chestnuts, european, dried, peeled

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	9.00		1		1		2.55		
Energy.....kcal	369		0	NC	4		105		
Energy.....kJ	1544				4		438		
Protein (N x 5.3).....g	5.01		1		1		1.42		
Total lipid (fat).....g	3.91		1		1		1.11		
Ash.....g	3.64		1		1		1.03		
Carbohydrate, by difference.....g	78.43		0	NC	4		22.23		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	64		1		1		18		
Iron, Fe.....mg	2.39		0		1		0.68		
Magnesium, Mg.....mg	74		0		1		21		
Phosphorus, P.....mg	137		1		1		39		
Potassium, K.....mg	991		0		1		281		
Sodium, Na.....mg	37		0		1		10		
Zinc, Zn.....mg	0.35		0		1		0.10		
Copper, Cu.....mg	0.653		0		1		0.185		
Manganese, Mn.....mg	1.183		1		1		0.335		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	15.1		0		4		4.3		
Thiamin.....mg	0.354		1		1		0.100		
Riboflavin.....mg	0.054		1		1		0.015		
Niacin.....mg	0.854		0		4		0.242		
Pantothenic acid.....mg	0.901		0		4		0.255		
Vitamin B-6.....mg	0.666		0		4		0.189		
Folate, total.....µg	110		0		4		31		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	110		0		4		31		
Folate, DFE.....µg	110		0	NC	4		31		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 12100

Nuts, chestnuts, european, dried, peeled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.736		0		1		0.209		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.017		0		1		0.005		
15:0.....g									
16:0.....g	0.664		0		1		0.188		
17:0.....g									
18:0.....g	0.037		0		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.349		0		1		0.382		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0		1		0.010		
17:1.....g									
18:1 undifferentiated.....g	1.296		0		1		0.367		
20:1.....g	0.017		0		1		0.005		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.546		0		1		0.438		
18:2 undifferentiated.....g	1.381		0		1		0.392		
18:3 undifferentiated.....g	0.165		0		1		0.047		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.056		0		1		0.016		
Threonine.....g	0.179		0		1		0.051		
Isoleucine.....g	0.198		0		1		0.056		
Leucine.....g	0.297		0		1		0.084		
Lysine.....g	0.297		0		1		0.084		
Methionine.....g	0.118		0		1		0.033		
Cystine.....g	0.159		0		1		0.045		
Phenylalanine.....g	0.212		0		1		0.060		
Tyrosine.....g	0.139		0		1		0.039		
Valine.....g	0.280		0		1		0.079		
Arginine.....g	0.359		0		1		0.102		
Histidine.....g	0.139		0		1		0.039		
Alanine.....g	0.335		0		1		0.095		
Aspartic acid.....g	0.866		0		1		0.246		
Glutamic acid.....g	0.647		0		1		0.183		
Glycine.....g	0.258		0		1		0.073		
Proline.....g	0.264		0		1		0.075		
Serine.....g	0.251		0		1		0.071		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12100**

**Nuts, chestnuts, european, dried, peeled**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12099

Nuts, chestnuts, european, dried, unpeeled

Refuse:20% Shells

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	9.45		2		1		2.68		
Energy.....kcal	374		0	NC	4		106		
Energy.....kJ	1565				4		444		
Protein (N x 5.3).....g	6.39		2		1		1.81		
Total lipid (fat).....g	4.45		2		1		1.26		
Ash.....g	2.40		1		1		0.68		
Carbohydrate, by difference.....g	77.31		0	NC	4		21.92		
Fiber, total dietary.....g	11.7		0		4		3.3		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	67		2		1		19		
Iron, Fe.....mg	2.38		2		1		0.67		
Magnesium, Mg.....mg	74		1		1		21		
Phosphorus, P.....mg	175		2		1		50		
Potassium, K.....mg	986		1		1		280		
Sodium, Na.....mg	37		1		1		10		
Zinc, Zn.....mg	0.35		1		1		0.10		
Copper, Cu.....mg	0.650		1		1		0.184		
Manganese, Mn.....mg	1.300		1		1		0.369		
Selenium, Se.....µg	1.8	0.358	5	A	1		0.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	15.0		1		1		4.3		
Thiamin.....mg	0.295		2		1		0.084		
Riboflavin.....mg	0.360		2		1		0.102		
Niacin.....mg	0.850		2		1		0.241		
Pantothenic acid.....mg	0.897		0		1		0.254		
Vitamin B-6.....mg	0.663		0		1		0.188		
Folate, total.....µg	109		0		1		31		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	109		0		1		31		
Folate, DFE.....µg	109		0	NC	4		31		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		1		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 12099

Nuts, chestnuts, european, dried, unpeeled

---

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12098

Nuts, chestnuts, european, raw, peeled

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	52.00		1		1		14.74		
Energy.....kcal	196		0	NC	4		56		
Energy.....kJ	820				4		232		
Protein (N x 5.3).....g	1.63		1		1		0.46		
Total lipid (fat).....g	1.25		1		1		0.35		
Ash.....g	0.96		1		1		0.27		
Carbohydrate, by difference.....g	44.17		0	NC	4		12.52		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	19		1		1		5		
Iron, Fe.....mg	0.94		0		1		0.27		
Magnesium, Mg.....mg	30		0		1		9		
Phosphorus, P.....mg	38		1		1		11		
Potassium, K.....mg	484		0		1		137		
Sodium, Na.....mg	2		0		1		1		
Zinc, Zn.....mg	0.49		0		1		0.14		
Copper, Cu.....mg	0.418		0		1		0.119		
Manganese, Mn.....mg	0.336		1		1		0.095		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	40.2		0		4		11.4		
Thiamin.....mg	0.144		1		1		0.041		
Riboflavin.....mg	0.016		1		1		0.005		
Niacin.....mg	1.102		0		4		0.312		
Pantothenic acid.....mg	0.476		0		4		0.135		
Vitamin B-6.....mg	0.352		0		4		0.100		
Folate, total.....µg	58		0		4		16		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	58		0		4		16		
Folate, DFE.....µg	58		0	NC	4		16		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	1		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	26		0		4		7		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.235		0		1		0.067		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.005		0		1		0.001		
15:0.....g									
16:0.....g	0.212		0		1		0.060		
17:0.....g									
18:0.....g	0.012		0		1		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.430		0		1		0.122		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.413		0		1		0.117		
20:1.....g	0.005		0		1		0.001		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.493		0		1		0.140		
18:2 undifferentiated.....g	0.440		0		1		0.125		
18:3 undifferentiated.....g	0.053		0		1		0.015		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.018		0		1		0.005		
Threonine.....g	0.058		0		1		0.016		
Isoleucine.....g	0.064		0		1		0.018		
Leucine.....g	0.096		0		1		0.027		
Lysine.....g	0.096		0		1		0.027		
Methionine.....g	0.038		0		1		0.011		
Cystine.....g	0.052		0		1		0.015		
Phenylalanine.....g	0.069		0		1		0.020		
Tyrosine.....g	0.045		0		1		0.013		
Valine.....g	0.091		0		1		0.026		
Arginine.....g	0.116		0		1		0.033		
Histidine.....g	0.045		0		1		0.013		
Alanine.....g	0.109		0		1		0.031		
Aspartic acid.....g	0.281		0		1		0.080		
Glutamic acid.....g	0.210		0		1		0.060		
Glycine.....g	0.084		0		1		0.024		
Proline.....g	0.086		0		1		0.024		
Serine.....g	0.081		0		1		0.023		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.



**NDB No. 12098**

**Nuts, chestnuts, european, raw , peeled**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12097

Nuts, chestnuts, european, raw, unpeeled

Castanea sativa

Refuse:26% Shells

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	48.65	1.636	4		1		70.54	13.79	
Energy.....kcal	213		0	NC	4		309	60	
Energy.....kJ	891				4		1292	253	
Protein (N x 5.3).....g	2.42	0.028	4		1		3.51	0.69	
Total lipid (fat).....g	2.26	0.132	4		1		3.28	0.64	
Ash.....g	1.13	0.037	4		1		1.64	0.32	
Carbohydrate, by difference.....g	45.54		0	NC	4		66.03	12.91	
Fiber, total dietary.....g	8.1		0		4		11.7	2.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	27	0.664	4		1		39	8	
Iron, Fe.....mg	1.01	0.210	4		1		1.46	0.29	
Magnesium, Mg.....mg	32	0.968	4		1		46	9	
Phosphorus, P.....mg	93	7.461	4		1		135	26	
Potassium, K.....mg	518	29.790	4		1		751	147	
Sodium, Na.....mg	3	0.603	4		1		4	1	
Zinc, Zn.....mg	0.52	0.028	4		1		0.75	0.15	
Copper, Cu.....mg	0.447	0.038	4		1		0.648	0.127	
Manganese, Mn.....mg	0.952	0.190	4		1		1.380	0.270	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	43.0	6.880	4		1		62.4	12.2	
Thiamin.....mg	0.238	0.010	4		1		0.345	0.067	
Riboflavin.....mg	0.168	0.021	4		1		0.244	0.048	
Niacin.....mg	1.179	0.141	4		1		1.710	0.334	
Pantothenic acid.....mg	0.509	0.017	3		1		0.738	0.144	
Vitamin B-6.....mg	0.376	0.036	5		1		0.545	0.107	
Folate, total.....µg	62	4.334	3		1		90	18	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	62	4.334	3		1		90	18	
Folate, DFE.....µg	62		0	NC	4		90	18	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	1	0.350	3		1		2	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	28	7.000	3		1		41	8	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

## Nuts, chestnuts, european, raw, unpeeled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.425		0		1		0.616	0.120	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.010		17		1		0.015	0.003	
15:0.....g									
16:0.....g	0.384		22		1		0.557	0.109	
17:0.....g									
18:0.....g	0.021		22		1		0.030	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.780		0		1		1.131	0.221	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		22		1		0.030	0.006	
17:1.....g									
18:1 undifferentiated.....g	0.749		22		1		1.086	0.212	
20:1.....g	0.010		1		1		0.015	0.003	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.894		0		1		1.296	0.253	
18:2 undifferentiated.....g	0.798		22		1		1.157	0.226	
18:3 undifferentiated.....g	0.095		22		1		0.138	0.027	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	22		0		1		32	6	
<b>Amino Acids:</b>									
Tryptophan.....g	0.027		2		1		0.039	0.008	
Threonine.....g	0.086		2		1		0.125	0.024	
Isoleucine.....g	0.095		2		1		0.138	0.027	
Leucine.....g	0.143		2		1		0.207	0.041	
Lysine.....g	0.143		2		1		0.207	0.041	
Methionine.....g	0.057		2		1		0.083	0.016	
Cystine.....g	0.077		2		1		0.112	0.022	
Phenylalanine.....g	0.102		2		1		0.148	0.029	
Tyrosine.....g	0.067		2		1		0.097	0.019	
Valine.....g	0.135		2		1		0.196	0.038	
Arginine.....g	0.173		2		1		0.251	0.049	
Histidine.....g	0.067		2		1		0.097	0.019	
Alanine.....g	0.161		2		1		0.233	0.046	
Aspartic acid.....g	0.417		2		1		0.605	0.118	
Glutamic acid.....g	0.312		2		1		0.452	0.088	
Glycine.....g	0.124		2		1		0.180	0.035	
Proline.....g	0.127		2		1		0.184	0.036	
Serine.....g	0.121		2		1		0.175	0.034	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12097**

**Nuts, chestnuts, european, raw , unpeeled**

**Common Measures:**

Measure 1 = 145g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 12167

Nuts, chestnuts, european, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.414		0		1		0.592	0.117	0.348
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.010		0		1		0.014	0.003	0.008
15:0.....g									
16:0.....g	0.373		0		1		0.533	0.106	0.313
17:0.....g									
18:0.....g	0.021		0		1		0.030	0.006	0.018
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.759		0		1		1.085	0.215	0.638
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0		1		0.030	0.006	0.018
17:1.....g									
18:1 undifferentiated.....g	0.728		0		1		1.041	0.206	0.612
20:1.....g	0.010		0		1		0.014	0.003	0.008
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.869		0		1		1.243	0.246	0.730
18:2 undifferentiated.....g	0.776		0		1		1.110	0.220	0.652
18:3 undifferentiated.....g	0.093		0		1		0.133	0.026	0.078
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.035		0		1		0.050	0.010	0.029
Threonine.....g	0.113		0		1		0.162	0.032	0.095
Isoleucine.....g	0.125		0		1		0.179	0.035	0.105
Leucine.....g	0.188		0		1		0.269	0.053	0.158
Lysine.....g	0.188		0		1		0.269	0.053	0.158
Methionine.....g	0.075		0		1		0.107	0.021	0.063
Cystine.....g	0.101		0		1		0.144	0.029	0.085
Phenylalanine.....g	0.134		0		1		0.192	0.038	0.113
Tyrosine.....g	0.088		0		1		0.126	0.025	0.074
Valine.....g	0.178		0		1		0.255	0.050	0.150
Arginine.....g	0.227		0		1		0.325	0.064	0.191
Histidine.....g	0.088		0		1		0.126	0.025	0.074
Alanine.....g	0.212		0		1		0.303	0.060	0.178
Aspartic acid.....g	0.549		0		1		0.785	0.156	0.461
Glutamic acid.....g	0.410		0		1		0.586	0.116	0.344
Glycine.....g	0.164		0		1		0.235	0.046	0.138
Proline.....g	0.167		0		1		0.239	0.047	0.140
Serine.....g	0.159		0		1		0.227	0.045	0.134
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 12167

Nuts, chestnuts, european, roasted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 143g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 84g: 10 kernels

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12203

Nuts, chestnuts, japanese, boiled and steamed

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	86.03		0		1		24.39		
Energy.....kcal	56		0	NC	4		16		
Energy.....kJ	234				4		66		
Protein (N x 5.3).....g	0.82		0		1		0.23		
Total lipid (fat).....g	0.19		0		1		0.05		
Ash.....g	0.33		0		1		0.09		
Carbohydrate, by difference.....g	12.64		0	NC	4		3.58		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11		0		1		3		
Iron, Fe.....mg	0.53		0		1		0.15		
Magnesium, Mg.....mg	18		0		1		5		
Phosphorus, P.....mg	26		0		1		7		
Potassium, K.....mg	119		0		1		34		
Sodium, Na.....mg	5		0		1		1		
Zinc, Zn.....mg	0.40		0		1		0.11		
Copper, Cu.....mg	0.204		0		1		0.058		
Manganese, Mn.....mg	0.576		0		1		0.163		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.5		0		1		2.7		
Thiamin.....mg	0.125		0		1		0.035		
Riboflavin.....mg	0.059		0		1		0.017		
Niacin.....mg	0.543		0		1		0.154		
Pantothenic acid.....mg	0.075		0		1		0.021		
Vitamin B-6.....mg	0.102		0		4		0.029		
Folate, total.....µg	17		0		4		5		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	17		0		4		5		
Folate, DFE.....µg	17		0	NC	4		5		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	1		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	13		0		1		4		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**



## Nuts, chestnuts, japanese, boiled and steamed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.028		0		1		0.008		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.026		0		1		0.007		
17:0.....g									
18:0.....g	0.002		0		1		0.001		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.101		0		1		0.029		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.097		0		1		0.027		
20:1.....g	0.002		0		1		0.001		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.050		0		1		0.014		
18:2 undifferentiated.....g	0.045		0		1		0.013		
18:3 undifferentiated.....g	0.005		0		1		0.001		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0		1		0.003		
Threonine.....g	0.033		0		1		0.009		
Isoleucine.....g	0.040		0		1		0.011		
Leucine.....g	0.051		0		1		0.014		
Lysine.....g	0.053		0		1		0.015		
Methionine.....g	0.020		0		1		0.006		
Cystine.....g	0.024		0		1		0.007		
Phenylalanine.....g	0.032		0		1		0.009		
Tyrosine.....g	0.023		0		1		0.007		
Valine.....g	0.049		0		1		0.014		
Arginine.....g	0.054		0		1		0.015		
Histidine.....g	0.020		0		1		0.006		
Alanine.....g	0.073		0		1		0.021		
Aspartic acid.....g	0.172		0		1		0.049		
Glutamic acid.....g	0.156		0		1		0.044		
Glycine.....g	0.041		0		1		0.012		
Proline.....g	0.051		0		1		0.014		
Serine.....g	0.040		0		1		0.011		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12203**

**Nuts, chestnuts, japanese, boiled and steamed**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

**NDB No. 12175**  
**Nuts, chestnuts, japanese, dried**

Refuse:34% Shells

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	9.96		0		1		15.44	2.82	
Energy.....kcal	360		0	NC	4		558	102	
Energy.....kJ	1506				4		2335	427	
Protein (N x 5.3).....g	5.25		0		1		8.14	1.49	
Total lipid (fat).....g	1.24		0		1		1.92	0.35	
Ash.....g	2.11		0		1		3.27	0.60	
Carbohydrate, by difference.....g	81.43		0	NC	4		126.22	23.09	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	72		0		1		112	20	
Iron, Fe.....mg	3.38		0		1		5.24	0.96	
Magnesium, Mg.....mg	115		0		1		178	33	
Phosphorus, P.....mg	169		0		1		262	48	
Potassium, K.....mg	768		0		1		1190	218	
Sodium, Na.....mg	34		0		1		53	10	
Zinc, Zn.....mg	2.57		0		1		3.98	0.73	
Copper, Cu.....mg	1.312		0		1		2.034	0.372	
Manganese, Mn.....mg	3.711		0		1		5.752	1.052	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	61.3		0		1		95.0	17.4	
Thiamin.....mg	0.802		0		1		1.243	0.227	
Riboflavin.....mg	0.380		0		1		0.589	0.108	
Niacin.....mg	3.500		0		1		5.425	0.992	
Pantothenic acid.....mg	0.481		0		1		0.746	0.136	
Vitamin B-6.....mg	0.659		0		4		1.021	0.187	
Folate, total.....µg	109		0		4		168	31	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	109		0		4		168	31	
Folate, DFE.....µg	109		0	NC	4		168	31	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	4		0		1		7	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	86		0		1		133	24	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 12175**  
**Nuts, chestnuts, japanese, dried**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.183		0		1		0.284	0.052	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.169		0		1		0.262	0.048	
17:0.....g									
18:0.....g	0.013		0		1		0.020	0.004	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.650		0		1		1.008	0.184	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0		1		0.012	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.624		0		1		0.967	0.177	
20:1.....g	0.012		0		1		0.019	0.003	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.322		0		1		0.499	0.091	
18:2 undifferentiated.....g	0.288		0		1		0.446	0.082	
18:3 undifferentiated.....g	0.031		0		1		0.048	0.009	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.075		0		1		0.116	0.021	
Threonine.....g	0.210		0		1		0.326	0.060	
Isoleucine.....g	0.258		0		1		0.400	0.073	
Leucine.....g	0.325		0		1		0.504	0.092	
Lysine.....g	0.342		0		1		0.530	0.097	
Methionine.....g	0.126		0		1		0.195	0.036	
Cystine.....g	0.153		0		1		0.237	0.043	
Phenylalanine.....g	0.205		0		1		0.318	0.058	
Tyrosine.....g	0.150		0		1		0.233	0.043	
Valine.....g	0.312		0		1		0.484	0.088	
Arginine.....g	0.345		0		1		0.535	0.098	
Histidine.....g	0.131		0		1		0.203	0.037	
Alanine.....g	0.473		0		1		0.733	0.134	
Aspartic acid.....g	1.106		0		1		1.714	0.314	
Glutamic acid.....g	1.001		0		1		1.552	0.284	
Glycine.....g	0.267		0		1		0.414	0.076	
Proline.....g	0.328		0		1		0.508	0.093	
Serine.....g	0.257		0		1		0.398	0.073	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12175**

**Nuts, chestnuts, japanese, dried**

**Common Measures:**

Measure 1 = 155g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

**NDB No. 12202**  
**Nuts, chestnuts, japanese, raw**  
*Castanea crenata*

Refuse:34% Shells

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	61.41		0		1		17.41		
Energy.....kcal	154		0	NC	4		44		
Energy.....kJ	644				4		183		
Protein (N x 5.3).....g	2.25		0		1		0.64		
Total lipid (fat).....g	0.53		0		1		0.15		
Ash.....g	0.91		0		1		0.26		
Carbohydrate, by difference.....g	34.91		0	NC	4		9.90		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	31		0		1		9		
Iron, Fe.....mg	1.45		0		1		0.41		
Magnesium, Mg.....mg	49		0		1		14		
Phosphorus, P.....mg	72		0		1		20		
Potassium, K.....mg	329		0		1		93		
Sodium, Na.....mg	14		0		1		4		
Zinc, Zn.....mg	1.10		0		1		0.31		
Copper, Cu.....mg	0.562		0		1		0.159		
Manganese, Mn.....mg	1.591		0		1		0.451		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	26.3		0		1		7.5		
Thiamin.....mg	0.344		0		1		0.098		
Riboflavin.....mg	0.163		0		1		0.046		
Niacin.....mg	1.500		0		1		0.425		
Pantothenic acid.....mg	0.206		0		1		0.058		
Vitamin B-6.....mg	0.283		0		4		0.080		
Folate, total.....µg	47		0		4		13		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	47		0		4		13		
Folate, DFE.....µg	47		0	NC	4		13		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	2		0		1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	37		0		1		10		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 12202  
Nuts, chestnuts, japanese, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	0.078		0			1			0.022
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.072		1			1			0.020
17:0.....g									
18:0.....g	0.005		1			1			0.001
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.278		0			1			0.079
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		2			1			0.001
17:1.....g									
18:1 undifferentiated.....g	0.268		2			1			0.076
20:1.....g	0.005		1			1			0.001
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.138		0			1			0.039
18:2 undifferentiated.....g	0.123		2			1			0.035
18:3 undifferentiated.....g	0.013		2			1			0.004
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7			0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.032		4			1			0.009
Threonine.....g	0.090		4			1			0.026
Isoleucine.....g	0.111		4			1			0.031
Leucine.....g	0.139		4			1			0.039
Lysine.....g	0.147		4			1			0.042
Methionine.....g	0.054		0			1			0.015
Cystine.....g	0.065		0			1			0.018
Phenylalanine.....g	0.088		4			1			0.025
Tyrosine.....g	0.064		0			1			0.018
Valine.....g	0.134		4			1			0.038
Arginine.....g	0.148		4			1			0.042
Histidine.....g	0.056		4			1			0.016
Alanine.....g	0.203		4			1			0.058
Aspartic acid.....g	0.474		4			1			0.134
Glutamic acid.....g	0.429		4			1			0.122
Glycine.....g	0.114		4			1			0.032
Proline.....g	0.141		4			1			0.040
Serine.....g	0.110		4			1			0.031
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12202**

**Nuts, chestnuts, japanese, raw**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 12204

Nuts, chestnuts, japanese, roasted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	49.90		2		1		14.15		
Energy.....kcal	201		0	NC	4		57		
Energy.....kJ	841				4		238		
Protein (N x 5.3).....g	2.97		0		1		0.84		
Total lipid (fat).....g	0.80		0		1		0.23		
Ash.....g	1.20		0		1		0.34		
Carbohydrate, by difference.....g	45.13		0	NC	4		12.79		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	35		0		1		10		
Iron, Fe.....mg	2.10		0		1		0.60		
Magnesium, Mg.....mg	64		0		1		18		
Phosphorus, P.....mg	93		0		1		26		
Potassium, K.....mg	427		0		4		121		
Sodium, Na.....mg	19		0		4		5		
Zinc, Zn.....mg	1.43		0		1		0.41		
Copper, Cu.....mg	0.730		0		1		0.207		
Manganese, Mn.....mg	2.065		0		1		0.585		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	28.0		0		1		7.9		
Thiamin.....mg	0.450		0		1		0.128		
Riboflavin.....mg									
Niacin.....mg	0.700		0		1		0.198		
Pantothenic acid.....mg	0.466		0		4		0.132		
Vitamin B-6.....mg	0.418		0		4		0.119		
Folate, total.....µg	59		0		4		17		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	59		0		4		17		
Folate, DFE.....µg	59		0	NC	4		17		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	4		0		1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	74		0		1		21		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code				
Fatty acids, total saturated.....g	0.118		0		1		0.033	
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g								
12:0.....g								
13:0.....g								
14:0.....g								
15:0.....g								
16:0.....g	0.109		0		1		0.031	
17:0.....g								
18:0.....g	0.008		0		1		0.002	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.419		0		1		0.119	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.005		0		1		0.001	
17:1.....g								
18:1 undifferentiated.....g	0.402		0		1		0.114	
20:1.....g	0.007		0		1		0.002	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.207		0		1		0.059	
18:2 undifferentiated.....g	0.186		0		1		0.053	
18:3 undifferentiated.....g	0.020		0		1		0.006	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7		0	
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.043		0		1		0.012	
Threonine.....g	0.119		0		1		0.034	
Isoleucine.....g	0.146		0		1		0.041	
Leucine.....g	0.184		0		1		0.052	
Lysine.....g	0.193		0		1		0.055	
Methionine.....g	0.071		0		1		0.020	
Cystine.....g	0.086		0		1		0.024	
Phenylalanine.....g	0.116		0		1		0.033	
Tyrosine.....g	0.085		0		1		0.024	
Valine.....g	0.176		0		1		0.050	
Arginine.....g	0.195		0		1		0.055	
Histidine.....g	0.074		0		1		0.021	
Alanine.....g	0.267		0		1		0.076	
Aspartic acid.....g	0.625		0		1		0.177	
Glutamic acid.....g	0.566		0		1		0.160	
Glycine.....g	0.151		0		1		0.043	
Proline.....g	0.185		0		1		0.052	
Serine.....g	0.145		0		1		0.041	
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12204**

**Nuts, chestnuts, japanese, roasted**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 12116

Nuts, coconut cream, canned, sweetened

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.1		0	BFSN	4		0.0	0.3	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	15.472		0	NC	4		2.940	45.798	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.082		1	MA	12		0.016	0.243	
8:0.....g	1.409		1	MA	12		0.268	4.171	
10:0.....g	1.115		1	MA	12		0.212	3.300	
12:0.....g	8.442		1	MA	12		1.604	24.989	
13:0.....g									
14:0.....g	3.024		1	MA	12		0.575	8.950	
15:0.....g									
16:0.....g	1.105		1	MA	12		0.210	3.272	
17:0.....g									
18:0.....g	0.295		1	MA	12		0.056	0.873	
20:0.....g	0.000		1	MA	12		0.000	0.000	
22:0.....g	0.000		1	MA	12		0.000	0.000	
24:0.....g	0.000		1	MA	12		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.679		0	NC	4		0.129	2.010	
14:1.....g	0.000		1	MA	12		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000		1	MA	12		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.679		1	MA	12		0.129	2.010	
20:1.....g	0.000		1	MA	12		0.000	0.000	
22:1 undifferentiated.....g	0.000		1	MA	12		0.000	0.000	
24:1 c.....g	0.000		1	MA	12		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.159		0	NC	4		0.030	0.469	
18:2 undifferentiated.....g	0.159		1	MA	12		0.030	0.469	
18:3 undifferentiated.....g	0.000		1	MA	12		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g	0.000		1	MA	12		0.000	0.000	
20:4 undifferentiated.....g	0.000		1	MA	12		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		1	MA	12		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	MA	12		0.000	0.000	
Fatty acids, total trans.....g	0.000		1	MA	12		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.013		0	BFPN	4		0.003	0.040	
Threonine.....g	0.043		0	BFPN	4		0.008	0.126	
Isoleucine.....g	0.046		0	BFPN	4		0.009	0.137	
Leucine.....g	0.087		0	BFPN	4		0.017	0.258	
Lysine.....g	0.052		0	BFPN	4		0.010	0.153	
Methionine.....g	0.022		0	BFPN	4		0.004	0.064	
Cystine.....g	0.023		0	BFPN	4		0.004	0.068	
Phenylalanine.....g	0.060		0	BFPN	4		0.011	0.177	
Tyrosine.....g	0.036		0	BFPN	4		0.007	0.107	
Valine.....g	0.071		0	BFPN	4		0.013	0.210	
Arginine.....g	0.192		0	BFPN	4		0.037	0.570	
Histidine.....g	0.027		0	BFPN	4		0.005	0.080	
Alanine.....g	0.060		0	BFPN	4		0.011	0.178	
Aspartic acid.....g	0.115		0	BFPN	4		0.022	0.339	
Glutamic acid.....g	0.268		0	BFPN	4		0.051	0.794	
Glycine.....g	0.056		0	BFPN	4		0.011	0.165	

NDB No. 12116

Nuts, coconut cream, canned, sweetened

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	0.048		0	BFPN	4		0.009	0.143	
Serine.....g	0.061		0	BFPN	4		0.011	0.179	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0			7	0.0	0.0	
Caffeine.....mg	0		0	Z		7	0	0	
Theobromine.....mg	0		0	Z		7	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 19g: 1 tbsp

Measure 2 = 296g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12115

Nuts, coconut cream, raw (liquid expressed from grated meat)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	53.90		1		1		8.09	129.36	
Energy.....kcal	330		0	NC	4		50	792	
Energy.....kJ	1381				4		207	3314	
Protein (N x 5.3).....g	3.63		1		1		0.54	8.71	
Total lipid (fat).....g	34.68		1		1		5.20	83.23	
Ash.....g	1.15		1		1		0.17	2.76	
Carbohydrate, by difference.....g	6.65		0	NC	4		1.00	15.96	
Fiber, total dietary.....g	2.2		0		4		0.3	5.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11		1		1		2	26	
Iron, Fe.....mg	2.28		1		1		0.34	5.47	
Magnesium, Mg.....mg	28		0		4		4	67	
Phosphorus, P.....mg	122		1		1		18	293	
Potassium, K.....mg	325		0		1		49	780	
Sodium, Na.....mg	4		0		1		1	10	
Zinc, Zn.....mg	0.96		0		1		0.14	2.30	
Copper, Cu.....mg	0.378		0		1		0.057	0.907	
Manganese, Mn.....mg	1.304		0		1		0.196	3.130	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.8		1		1		0.4	6.7	
Thiamin.....mg	0.030		1		1		0.005	0.072	
Riboflavin.....mg	0.000		1		1		0.000	0.000	
Niacin.....mg	0.890		1		1		0.134	2.136	
Pantothenic acid.....mg	0.261		0		4		0.039	0.626	
Vitamin B-6.....mg	0.047		0		4		0.007	0.113	
Folate, total.....µg	23		0		4		3	55	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	23		0		4		3	55	
Folate, DFE.....µg	23		0	NC	4		3	55	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		1		1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									





NDB No. 12115

Nuts, coconut cream, raw (liquid expressed from grated meat)

---

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 240g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12177

Nuts, coconut meat, dried (desiccated), creamed

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.67		0		1		0.47		
Energy.....kcal	684		0	NC	4		194		
Energy.....kJ	2862				4		811		
Protein (N x 5.3).....g	5.30		0		1		1.50		
Total lipid (fat).....g	69.08		0		1		19.58		
Ash.....g	2.44		0		1		0.69		
Carbohydrate, by difference.....g	21.52		0	NC	4		6.10		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	26		0		1		7		
Iron, Fe.....mg	3.36		0		1		0.95		
Magnesium, Mg.....mg	92		0		1		26		
Phosphorus, P.....mg	209		0		1		59		
Potassium, K.....mg	551		0		1		156		
Sodium, Na.....mg	37		0		1		10		
Zinc, Zn.....mg	2.04		0		1		0.58		
Copper, Cu.....mg	0.807		0		1		0.229		
Manganese, Mn.....mg	2.783		0		1		0.789		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.5		0		4		0.4		
Thiamin.....mg	0.061		0		4		0.017		
Riboflavin.....mg	0.101		0		4		0.029		
Niacin.....mg	0.611		0		4		0.173		
Pantothenic acid.....mg	0.811		0		4		0.230		
Vitamin B-6.....mg	0.304		0		4		0.086		
Folate, total.....µg	9		0		4		3		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	9		0		4		3		
Folate, DFE.....µg	9		0	NC	4		3		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 12177

Nuts, coconut meat, dried (desiccated), creamed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	61.257		0		1		17.366
4:0.....g							
6:0.....g	0.393		0		1		0.111
8:0.....g	4.840		0		1		1.372
10:0.....g	3.846		0		1		1.090
12:0.....g	30.646		0		1		8.688
13:0.....g							
14:0.....g	12.100		0		1		3.430
15:0.....g							
16:0.....g	5.856		0		1		1.660
17:0.....g							
18:0.....g	3.577		0		1		1.014
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	2.939		0		1		0.833
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g							
17:1.....g							
18:1 undifferentiated.....g	2.939		0		1		0.833
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.756		0		1		0.214
18:2 undifferentiated.....g	0.756		0		1		0.214
18:3 undifferentiated.....g							
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7		0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.062		0		1		0.018
Threonine.....g	0.193		0		1		0.055
Isoleucine.....g	0.208		0		1		0.059
Leucine.....g	0.393		0		1		0.111
Lysine.....g	0.234		0		1		0.066
Methionine.....g	0.099		0		1		0.028
Cystine.....g	0.105		0		1		0.030
Phenylalanine.....g	0.269		0		1		0.076
Tyrosine.....g	0.164		0		1		0.046
Valine.....g	0.321		0		1		0.091
Arginine.....g	0.870		0		1		0.247
Histidine.....g	0.122		0		1		0.035
Alanine.....g	0.271		0		1		0.077
Aspartic acid.....g	0.518		0		1		0.147
Glutamic acid.....g	1.212		0		1		0.344
Glycine.....g	0.251		0		1		0.071
Proline.....g	0.219		0		1		0.062
Serine.....g	0.274		0		1		0.078
Hydroxyproline.....g							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No.** 12177

**Nuts, coconut meat, dried (desiccated), creamed**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 12108

Nuts, coconut meat, dried (desiccated), not sweetened

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	57.218		0		1	16.221	
4:0.....g	0.000		0		1	0.000	
6:0.....g	0.367		0		1	0.104	
8:0.....g	4.520		0		1	1.281	
10:0.....g	3.592		0		1	1.018	
12:0.....g	28.625		0		1	8.115	
13:0.....g							
14:0.....g	11.302		0		1	3.204	
15:0.....g							
16:0.....g	5.469		0		1	1.550	
17:0.....g							
18:0.....g	3.341		0		1	0.947	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	2.745		0		1	0.778	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		1	0.000	
17:1.....g							
18:1 undifferentiated.....g	2.745		0		1	0.778	
20:1.....g	0.000		0		1	0.000	
22:1 undifferentiated.....g	0.000		0		1	0.000	
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.706		0		1	0.200	
18:2 undifferentiated.....g	0.706		0		1	0.200	
18:3 undifferentiated.....g	0.000		0		1	0.000	
18:4.....g	0.000		0		1	0.000	
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1	0.000	
20:5 n-3 (EPA).....g	0.000		0		1	0.000	
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1	0.000	
22:6 n-3 (DHA).....g	0.000		0		1	0.000	
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7	0	
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.081		0		1	0.023	
Threonine.....g	0.251		0		1	0.071	
Isoleucine.....g	0.270		0		1	0.077	
Leucine.....g	0.511		0		1	0.145	
Lysine.....g	0.304		0		1	0.086	
Methionine.....g	0.129		0		1	0.037	
Cystine.....g	0.136		0		1	0.039	
Phenylalanine.....g	0.349		0		1	0.099	
Tyrosine.....g	0.213		0		1	0.060	
Valine.....g	0.417		0		1	0.118	
Arginine.....g	1.130		0		1	0.320	
Histidine.....g	0.158		0		1	0.045	
Alanine.....g	0.352		0		1	0.100	
Aspartic acid.....g	0.673		0		1	0.191	
Glutamic acid.....g	1.574		0		1	0.446	
Glycine.....g	0.326		0		1	0.092	
Proline.....g	0.284		0		1	0.081	
Serine.....g	0.356		0		1	0.101	
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	
Caffeine.....mg	0		0	Z	7	0	

NDB No. 12108

Nuts, coconut meat, dried (desiccated), not sweetened

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code	Source Code				Confidence Code
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12110

Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	23.27		0		1		17.92	26.53	
Energy.....kcal	443		0	NC	4		341	505	
Energy.....kJ	1854				4		1427	2113	
Protein (N x 5.3).....g	3.35		0		1		2.58	3.82	
Total lipid (fat).....g	31.69		0		1		24.40	36.13	
Ash.....g	0.78		0		1		0.60	0.89	
Carbohydrate, by difference.....g	40.91		0	NC	4		31.50	46.64	
Fiber, total dietary.....g	4.5		0		4		3.5	5.1	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14		0		1		11	16	
Iron, Fe.....mg	1.84		0		1		1.42	2.10	
Magnesium, Mg.....mg	49		0		1		38	56	
Phosphorus, P.....mg	103		0		1		79	117	
Potassium, K.....mg	324		0		1		249	369	
Sodium, Na.....mg	20		0		1		15	23	
Zinc, Zn.....mg	1.59		0		1		1.22	1.81	
Copper, Cu.....mg	0.308		0		1		0.237	0.351	
Manganese, Mn.....mg	2.171		0		1		1.672	2.475	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.030		0		1		0.023	0.034	
Riboflavin.....mg	0.020		0		1		0.015	0.023	
Niacin.....mg	0.305		0		1		0.235	0.348	
Pantothenic acid.....mg	0.633		0		4		0.487	0.722	
Vitamin B-6.....mg	0.237		0		4		0.182	0.270	
Folate, total.....µg	7		0		4		5	8	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	7		0		4		5	8	
Folate, DFE.....µg	7		0	NC	4		5	8	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0		1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									





NDB No. 12110

Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned

---

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 77g: 1 cup

Measure 2 = 114g: 4 oz

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12109

Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	15.46	1.807	3	A	1		13.14	4.38	
Energy.....kcal	456		0	NC	4		388	129	
Energy.....kJ	1908		0	NC	4		1622	541	
Protein (N x 5.3).....g	3.13	0.153	3	A	1		2.66	0.89	
Total lipid (fat).....g	27.99	0.959	3	A	1		23.79	7.94	
Ash.....g	1.57	0.048	3	A	1		1.34	0.45	
Carbohydrate, by difference.....g	51.85		0	NC	4		44.07	14.70	
Fiber, total dietary.....g	9.9	0.836	3	A	1		8.4	2.8	
Sugars, total.....g	36.75	0.934	3	A	1		31.24	10.42	
Sucrose.....g	36.21	0.944	3	A	1		30.78	10.26	
Glucose (dextrose).....g	0.53	0.023	3	A	1		0.45	0.15	
Fructose.....g	0.01	0.000	3	A	1		0.01	0.00	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	0.00	0.000	3	A	1		0.00	0.00	
<b>Minerals:</b>									
Calcium, Ca.....mg	11	0.657	3	A	1		9	3	
Iron, Fe.....mg	1.51	0.035	3	A	1		1.28	0.43	
Magnesium, Mg.....mg	51	0.895	3	A	1		44	15	
Phosphorus, P.....mg	100	2.867	3	A	1		85	28	
Potassium, K.....mg	361	17.521	3	A	1		307	102	
Sodium, Na.....mg	285	25.751	3	A	1		242	81	
Zinc, Zn.....mg	0.71	0.025	3	A	1		0.61	0.20	
Copper, Cu.....mg	0.295	0.018	3	A	1		0.251	0.084	
Manganese, Mn.....mg	0.959	0.010	3	A	1		0.815	0.272	
Selenium, Se.....µg	16.1	1.068	3	A	1		13.7	4.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin.....mg	0.015	0.000	3	A	1		0.012	0.004	
Riboflavin.....mg	0.015	0.000	3	A	1		0.012	0.004	
Niacin.....mg	0.697	0.058	3	A	1		0.592	0.197	
Pantothenic acid.....mg	0.140	0.006	3	A	1		0.119	0.040	
Vitamin B-6.....mg	0.030	0.000	3	A	1		0.025	0.008	
Folate, total.....µg	3	1.333	3	A	1		3	1	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	3	1.333	3	A	1		3	1	
Folate, DFE.....µg	3		0	NC	4		3	1	
Choline, total.....mg	19.3		0	AS	1		16.4	5.5	
Betaine.....mg	1.3		1	A	1		1.1	0.4	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	BFSN	4		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.03	0.000	3	A	1		0.03	0.01	
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.46	0.003	3	A	1		0.39	0.13	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	

Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.12	0.003	3	A	1		0.10	0.03	
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0	0.000	3	A	1		0.0	0.0	
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4.....µg	0.0	0.000	3	A	1		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	26.396		0	NC	4		22.437	7.483	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.206	0.014	3	A	1		0.175	0.058	
8:0.....g	2.362	0.152	3	A	1		2.007	0.670	
10:0.....g	1.841	0.112	3	A	1		1.565	0.522	
12:0.....g	13.780	0.882	3	A	1		11.713	3.907	
13:0.....g									
14:0.....g	5.103	0.344	3	A	1		4.337	1.447	
15:0.....g	0.003	0.000	3	A	1		0.002	0.001	
16:0.....g	2.242	0.158	3	A	1		1.906	0.636	
17:0.....g	0.002	0.000	3	A	1		0.002	0.001	
18:0.....g	0.825	0.068	3	A	1		0.701	0.234	
20:0.....g	0.022	0.002	3	A	1		0.019	0.006	
22:0.....g	0.004	0.001	3	A	1		0.003	0.001	
24:0.....g	0.008	0.001	3	A	1		0.006	0.002	
Fatty acids, total monounsaturated.....g	1.377		0	NC	4		1.171	0.390	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.004	0.000	3	AS	1		0.003	0.001	
16:1 c.....g	0.004	0.000	3	A	1		0.003	0.001	
16:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	1.363	0.095	3	AS	1		1.158	0.386	
18:1 c.....g	1.363	0.095	3	A	1		1.158	0.386	
18:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.009	0.002	3	A	1		0.008	0.003	
22:1 undifferentiated.....g	0.002	0.002	3	AS	1		0.001	0.000	
22:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 t.....g	0.002	0.002	3	A	1		0.001	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.222		0	NC	4		0.189	0.063	
18:2 undifferentiated.....g	0.222	0.013	3	AS	1		0.188	0.063	
18:2 n-6 c,c.....g	0.222	0.013	3	A	1		0.188	0.063	
18:2 CLAs.....g	0.000	0.000	3	A	1		0.000	0.000	
18:2 t,t.....g	0.000	0.000	3	A	1		0.000	0.000	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000	0.000	3	AS	1		0.000	0.000	
18:3 n-3 c,c,c (ALA).....g	0.000	0.000	3	A	1		0.000	0.000	
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	AS	1		0.000	0.000	
20:3 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	

NDB No. 12109

Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.000	0.000
Fatty acids, total trans.....g	0.002		0	NC	4	0.001	0.000
Fatty acids, total trans-monoenoic.....g	0.002		0	NC	4	0.001	0.000
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4	0.000	0.000
Cholesterol.....mg	0		0	Z	7	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.020		0	A	1	0.017	0.006
Threonine.....g	0.084		0	A	1	0.071	0.024
Isoleucine.....g	0.067		0	A	1	0.057	0.019
Leucine.....g	0.188		0	A	1	0.160	0.053
Lysine.....g	0.146		0	A	1	0.124	0.042
Methionine.....g	0.060		0	A	1	0.051	0.017
Cystine.....g	0.030		0	A	1	0.026	0.009
Phenylalanine.....g	0.131		0	A	1	0.111	0.037
Tyrosine.....g	0.057		0	A	1	0.048	0.016
Valine.....g	0.120		0	A	1	0.102	0.034
Arginine.....g	0.536		0	A	1	0.456	0.152
Histidine.....g	0.074		0	A	1	0.063	0.021
Alanine.....g	0.168		0	A	1	0.143	0.048
Aspartic acid.....g	0.339		0	A	1	0.288	0.096
Glutamic acid.....g	0.775		0	A	1	0.659	0.220
Glycine.....g	0.158		0	A	1	0.134	0.045
Proline.....g	0.164		0	A	1	0.140	0.047
Serine.....g	0.218		0	A	1	0.185	0.062
Hydroxyproline.....g	0.000	0.000	3	A	1	0.000	0.000
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 85g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 12179

Nuts, coconut meat, dried (desiccated), sweetened, shredded

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	31.468		0		1		29.265	62.621	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.202		0		1		0.188	0.402	
8:0.....g	2.486		0		1		2.312	4.947	
10:0.....g	1.976		0		1		1.838	3.932	
12:0.....g	15.743		0		1		14.641	31.329	
13:0.....g									
14:0.....g	6.216		0		1		5.781	12.370	
15:0.....g									
16:0.....g	3.008		0		1		2.797	5.986	
17:0.....g									
18:0.....g	1.838		0		1		1.709	3.658	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.510		0		1		1.404	3.005	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.510		0		1		1.404	3.005	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.388		0		1		0.361	0.772	
18:2 undifferentiated.....g	0.388		0		1		0.361	0.772	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.034		0		1		0.032	0.068	
Threonine.....g	0.105		0		1		0.098	0.209	
Isoleucine.....g	0.113		0		1		0.105	0.225	
Leucine.....g	0.214		0		1		0.199	0.426	
Lysine.....g	0.127		0		1		0.118	0.253	
Methionine.....g	0.054		0		1		0.050	0.107	
Cystine.....g	0.057		0		1		0.053	0.113	
Phenylalanine.....g	0.146		0		1		0.136	0.291	
Tyrosine.....g	0.089		0		1		0.083	0.177	
Valine.....g	0.175		0		1		0.163	0.348	
Arginine.....g	0.473		0		1		0.440	0.941	
Histidine.....g	0.066		0		1		0.061	0.131	
Alanine.....g	0.147		0		1		0.137	0.293	
Aspartic acid.....g	0.282		0		1		0.262	0.561	
Glutamic acid.....g	0.659		0		1		0.613	1.311	
Glycine.....g	0.137		0		1		0.127	0.273	
Proline.....g	0.119		0		1		0.111	0.237	
Serine.....g	0.149		0		1		0.139	0.297	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 12179

Nuts, coconut meat, dried (desiccated), sweetened, shredded

---

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 93g: 1 cup, shredded

Measure 2 = 199g: 1 package (7 oz)

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 12114

Nuts, coconut meat, dried (desiccated), toasted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.00		0		1		0.28		
Energy.....kcal	592		0	NC	4		168		
Energy.....kJ	2477				4		702		
Protein (N x 5.3).....g	5.30		0		1		1.50		
Total lipid (fat).....g	47.00		0		1		13.32		
Ash.....g	2.30		0		1		0.65		
Carbohydrate, by difference.....g	44.40		0	NC	4		12.59		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	27		0		1		8		
Iron, Fe.....mg	3.39		0		1		0.96		
Magnesium, Mg.....mg	92		0		1		26		
Phosphorus, P.....mg	211		0		1		60		
Potassium, K.....mg	554		0		1		157		
Sodium, Na.....mg	37		0		1		10		
Zinc, Zn.....mg	2.05		0		1		0.58		
Copper, Cu.....mg	0.812		0		1		0.230		
Manganese, Mn.....mg	2.801		0		1		0.794		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.5		0		4		0.4		
Thiamin.....mg	0.061		0		4		0.017		
Riboflavin.....mg	0.102		0		4		0.029		
Niacin.....mg	0.616		0		4		0.175		
Pantothenic acid.....mg	0.817		0		4		0.232		
Vitamin B-6.....mg	0.306		0		4		0.087		
Folate, total.....µg	9		0		4		3		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	9		0		4		3		
Folate, DFE.....µg	9		0	NC	4		3		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 12114

Nuts, coconut meat, dried (desiccated), toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Fatty acids, total saturated.....g	41.678		0			1	11.816		
4:0.....g									
6:0.....g	0.267		0			1	0.076		
8:0.....g	3.293		0			1	0.934		
10:0.....g	2.616		0			1	0.742		
12:0.....g	20.851		0			1	5.911		
13:0.....g									
14:0.....g	8.233		0			1	2.334		
15:0.....g									
16:0.....g	3.984		0			1	1.129		
17:0.....g									
18:0.....g	2.434		0			1	0.690		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.999		0			1	0.567		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	1.999		0			1	0.567		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.514		0			1	0.146		
18:2 undifferentiated.....g	0.514		0			1	0.146		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7	0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.062		0			1	0.018		
Threonine.....g	0.193		0			1	0.055		
Isoleucine.....g	0.208		0			1	0.059		
Leucine.....g	0.393		0			1	0.111		
Lysine.....g	0.234		0			1	0.066		
Methionine.....g	0.099		0			1	0.028		
Cystine.....g	0.105		0			1	0.030		
Phenylalanine.....g	0.269		0			1	0.076		
Tyrosine.....g	0.164		0			1	0.046		
Valine.....g	0.321		0			1	0.091		
Arginine.....g	0.870		0			1	0.247		
Histidine.....g	0.122		0			1	0.035		
Alanine.....g	0.271		0			1	0.077		
Aspartic acid.....g	0.518		0			1	0.147		
Glutamic acid.....g	1.212		0			1	0.344		
Glycine.....g	0.251		0			1	0.071		
Proline.....g	0.219		0			1	0.062		
Serine.....g	0.274		0			1	0.078		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12114**

**Nuts, coconut meat, dried (desiccated), toasted**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12104

Nuts, coconut meat, raw (1)

Cocos nucifera

Refuse:48% Shells (brown), skin, water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	46.99	1.067	15		1		37.59	186.55	21.15
Energy.....kcal	354		0	NC	4		283	1405	159
Energy.....kJ	1481		0		4		1185	5880	667
Protein (N x 5.3).....g	3.33	0.217	12		1		2.66	13.22	1.50
Total lipid (fat).....g	33.49	1.409	12		1		26.79	132.96	15.07
Ash.....g	0.97	0.083	10		1		0.78	3.85	0.44
Carbohydrate, by difference.....g	15.23		0	NC	4		12.18	60.46	6.85
Fiber, total dietary.....g	9.0		0		1		7.2	35.7	4.1
Sugars, total.....g	6.23		0	NR	4		4.98	24.73	2.80
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14	2.600	5		1		11	56	6
Iron, Fe.....mg	2.43	0.253	4		1		1.94	9.65	1.09
Magnesium, Mg.....mg	32		2		1		26	127	14
Phosphorus, P.....mg	113	13.483	5		1		90	449	51
Potassium, K.....mg	356		2		1		285	1413	160
Sodium, Na.....mg	20		2		1		16	79	9
Zinc, Zn.....mg	1.10	0.264	3		1		0.88	4.37	0.50
Copper, Cu.....mg	0.435		2		1		0.348	1.727	0.196
Manganese, Mn.....mg	1.500		1		1		1.200	5.955	0.675
Selenium, Se.....µg	10.1		0	BFSN	4		8.1	40.1	4.5
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.3	1.267	3		1		2.6	13.1	1.5
Thiamin.....mg	0.066	0.016	4		1		0.053	0.262	0.030
Riboflavin.....mg	0.020	0.006	3		1		0.016	0.079	0.009
Niacin.....mg	0.540		0		1		0.432	2.144	0.243
Pantothenic acid.....mg	0.300		1		1		0.240	1.191	0.135
Vitamin B-6.....mg	0.054	0.016	3		1		0.043	0.214	0.024
Folate, total.....µg	26	4.300	4		1		21	105	12
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	26	4.300	4		1		21	105	12
Folate, DFE.....µg	26		0	NC	4		21	105	12
Choline, total.....mg	12.1		0	BFSN	4		9.7	48.1	5.4
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	BFFN	4		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		1		1		0	0	0
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.24		0	BNA	4		0.19	0.95	0.11
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		0	BNA	4		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.53		0	BNA	4		0.42	2.11	0.24
Tocopherol, delta.....mg	0.00		0	BNA	4		0.00	0.00	0.00
Tocotrienol, alpha.....mg	1.46		0	BNA	4		1.17	5.80	0.66
Tocotrienol, beta.....mg	0.00		0	BNA	4		0.00	0.00	0.00
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.2		0	BFFN	4		0.1	0.7	0.1



**NDB No. 12104**  
**Nuts, coconut meat, raw (1)**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

- Measure 1 = 80g: 1 cup, shredded
- Measure 2 = 397g: 1 medium
- Measure 3 = 45g: 1 piece (2" x 2" x 1/2")

**Footnotes:**

- 1 From mature coconut.

**Calories Factors: Protein 3.47      Fat 8.37      Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12118

Nuts, coconut milk, canned (liquid expressed from grated meat and water)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	72.88	8.667	3		1		164.71	10.93	
Energy.....kcal	197		0	NC	4		445	30	
Energy.....kJ	824		0		4		1863	124	
Protein (N x 5.3).....g	2.02	0.785	3		1		4.57	0.30	
Total lipid (fat).....g	21.33	8.350	3		1		48.21	3.20	
Ash.....g	0.97		1		1		2.19	0.15	
Carbohydrate, by difference.....g	2.81		0	NC	4		6.35	0.42	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18		1		1		41	3	
Iron, Fe.....mg	3.30		1		1		7.46	0.50	
Magnesium, Mg.....mg	46		1		1		104	7	
Phosphorus, P.....mg	96		1		1		217	14	
Potassium, K.....mg	220		0		1		497	33	
Sodium, Na.....mg	13		0		1		29	2	
Zinc, Zn.....mg	0.56		0		1		1.27	0.08	
Copper, Cu.....mg	0.223		0		1		0.504	0.033	
Manganese, Mn.....mg	0.768		0		1		1.736	0.115	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		1		1		2.3	0.2	
Thiamin.....mg	0.022		0		4		0.050	0.003	
Riboflavin.....mg	0.000		0		4		0.000	0.000	
Niacin.....mg	0.637		0		4		1.440	0.096	
Pantothenic acid.....mg	0.153		0		4		0.346	0.023	
Vitamin B-6.....mg	0.028		0		4		0.063	0.004	
Folate, total.....µg	14		0		4		31	2	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	14		0		4		31	2	
Folate, DFE.....µg	14		0	NC	4		31	2	
Choline, total.....mg	8.5		0	AS	1		19.3	1.3	
Betaine.....mg	0.0		1	A	1		0.0	0.0	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	AS	1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nuts, coconut milk, canned (liquid expressed from grated meat and water)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	18.915		0		1		42.748	2.837	
4:0.....g									
6:0.....g	0.121		0		1		0.273	0.018	
8:0.....g	1.494		0		1		3.376	0.224	
10:0.....g	1.187		0		1		2.683	0.178	
12:0.....g	9.463		0		1		21.386	1.419	
13:0.....g									
14:0.....g	3.736		0		1		8.443	0.560	
15:0.....g									
16:0.....g	1.808		0		1		4.086	0.271	
17:0.....g									
18:0.....g	1.104		0		1		2.495	0.166	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.907		0		1		2.050	0.136	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.907		0		1		2.050	0.136	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.233		0		1		0.527	0.035	
18:2 undifferentiated.....g	0.233		0		1		0.527	0.035	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.024		0		1		0.054	0.004	
Threonine.....g	0.074		0		1		0.167	0.011	
Isoleucine.....g	0.079		0		1		0.179	0.012	
Leucine.....g	0.150		0		1		0.339	0.023	
Lysine.....g	0.089		0		1		0.201	0.013	
Methionine.....g	0.038		0		1		0.086	0.006	
Cystine.....g	0.040		0		1		0.090	0.006	
Phenylalanine.....g	0.102		0		1		0.231	0.015	
Tyrosine.....g	0.062		0		1		0.140	0.009	
Valine.....g	0.122		0		1		0.276	0.018	
Arginine.....g	0.331		0		1		0.748	0.050	
Histidine.....g	0.046		0		1		0.104	0.007	
Alanine.....g	0.103		0		1		0.233	0.015	
Aspartic acid.....g	0.197		0		1		0.445	0.030	
Glutamic acid.....g	0.462		0		1		1.044	0.069	
Glycine.....g	0.096		0		1		0.217	0.014	
Proline.....g	0.083		0		1		0.188	0.012	
Serine.....g	0.104		0		1		0.235	0.016	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.



**NDB No. 12118**

**Nuts, coconut milk, canned (liquid expressed from grated meat and water)**

**Common Measures:**

Measure 1 = 226g: 1 cup

Measure 2 = 15.0g: 1 tbsp

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12176

Nuts, coconut milk, frozen (liquid expressed from grated meat and water)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	71.42		1		1		171.41	10.71	
Energy.....kcal	202		0	NC	4		485	30	
Energy.....kJ	845				4		2028	127	
Protein (N x 5.3).....g	1.61		1		1		3.86	0.24	
Total lipid (fat).....g	20.80		1		1		49.92	3.12	
Ash.....g	0.59		1		1		1.42	0.09	
Carbohydrate, by difference.....g	5.58		0	NC	4		13.39	0.84	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	4		1		1		10	1	
Iron, Fe.....mg	0.81		1		1		1.94	0.12	
Magnesium, Mg.....mg	32		1		1		77	5	
Phosphorus, P.....mg	59		1		1		142	9	
Potassium, K.....mg	232		1		1		557	35	
Sodium, Na.....mg	12		1		1		29	2	
Zinc, Zn.....mg	0.59		0		1		1.42	0.09	
Copper, Cu.....mg	0.235		0		1		0.564	0.035	
Manganese, Mn.....mg	0.809		0		1		1.942	0.121	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.1		0		4		2.6	0.2	
Thiamin.....mg	0.023		0		4		0.055	0.003	
Riboflavin.....mg	0.000		0		4		0.000	0.000	
Niacin.....mg	0.671		0		4		1.610	0.101	
Pantothenic acid.....mg	0.161		0		4		0.386	0.024	
Vitamin B-6.....mg	0.030		0		4		0.072	0.005	
Folate, total.....µg	14		0		4		34	2	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	14		0		4		34	2	
Folate, DFE.....µg	14		0	NC	4		34	2	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0		4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nuts, coconut milk, frozen (liquid expressed from grated meat and water)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	18.445		0		1		44.268	2.767	
4:0.....g									
6:0.....g	0.118		0		1		0.283	0.018	
8:0.....g	1.457		0		1		3.497	0.219	
10:0.....g	1.158		0		1		2.779	0.174	
12:0.....g	9.228		0		1		22.147	1.384	
13:0.....g									
14:0.....g	3.643		0		1		8.743	0.546	
15:0.....g									
16:0.....g	1.763		0		1		4.231	0.264	
17:0.....g									
18:0.....g	1.077		0		1		2.585	0.162	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.885		0		1		2.124	0.133	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.885		0		1		2.124	0.133	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.228		0		1		0.547	0.034	
18:2 undifferentiated.....g	0.228		0		1		0.547	0.034	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.019		0		1		0.046	0.003	
Threonine.....g	0.059		0		1		0.142	0.009	
Isoleucine.....g	0.063		0		1		0.151	0.009	
Leucine.....g	0.119		0		1		0.286	0.018	
Lysine.....g	0.071		0		1		0.170	0.011	
Methionine.....g	0.030		0		1		0.072	0.005	
Cystine.....g	0.032		0		1		0.077	0.005	
Phenylalanine.....g	0.082		0		1		0.197	0.012	
Tyrosine.....g	0.050		0		1		0.120	0.008	
Valine.....g	0.098		0		1		0.235	0.015	
Arginine.....g	0.264		0		1		0.634	0.040	
Histidine.....g	0.037		0		1		0.089	0.006	
Alanine.....g	0.082		0		1		0.197	0.012	
Aspartic acid.....g	0.157		0		1		0.377	0.024	
Glutamic acid.....g	0.368		0		1		0.883	0.055	
Glycine.....g	0.076		0		1		0.182	0.011	
Proline.....g	0.067		0		1		0.161	0.010	
Serine.....g	0.083		0		1		0.199	0.012	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12176**

**Nuts, coconut milk, frozen (liquid expressed from grated meat and water)**

**Common Measures:**

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 12117

Nuts, coconut milk, raw (liquid expressed from grated meat and water)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	21.140		0		1		50.736	3.171	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.136		0		1		0.326	0.020	
8:0.....g	1.670		0		1		4.008	0.251	
10:0.....g	1.327		0		1		3.185	0.199	
12:0.....g	10.576		0		1		25.382	1.586	
13:0.....g									
14:0.....g	4.176		0		1		10.022	0.626	
15:0.....g									
16:0.....g	2.021		0		1		4.850	0.303	
17:0.....g									
18:0.....g	1.234		0		1		2.962	0.185	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.014		0		1		2.434	0.152	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.014		0		1		2.434	0.152	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.261		0		1		0.626	0.039	
18:2 undifferentiated.....g	0.261		0		1		0.626	0.039	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	1		0		1		2	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.027		0		1		0.065	0.004	
Threonine.....g	0.083		0		1		0.199	0.012	
Isoleucine.....g	0.090		0		1		0.216	0.014	
Leucine.....g	0.170		0		1		0.408	0.026	
Lysine.....g	0.101		0		1		0.242	0.015	
Methionine.....g	0.043		0		1		0.103	0.006	
Cystine.....g	0.045		0		1		0.108	0.007	
Phenylalanine.....g	0.116		0		1		0.278	0.017	
Tyrosine.....g	0.071		0		1		0.170	0.011	
Valine.....g	0.139		0		1		0.334	0.021	
Arginine.....g	0.376		0		1		0.902	0.056	
Histidine.....g	0.053		0		1		0.127	0.008	
Alanine.....g	0.117		0		1		0.281	0.018	
Aspartic acid.....g	0.224		0		1		0.538	0.034	
Glutamic acid.....g	0.524		0		1		1.258	0.079	
Glycine.....g	0.108		0		1		0.259	0.016	
Proline.....g	0.095		0		1		0.228	0.014	
Serine.....g	0.118		0		1		0.283	0.018	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 12117

Nuts, coconut milk, raw (liquid expressed from grated meat and water)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Theobromine.....mg	0		0	Z	7	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 12119

Nuts, coconut water (liquid from coconuts)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.176		0		1		0.422	0.026	0.363
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.001		0		1		0.002	0.000	0.002
8:0.....g	0.014		0		1		0.034	0.002	0.029
10:0.....g	0.011		0		1		0.026	0.002	0.023
12:0.....g	0.088		0		1		0.211	0.013	0.181
13:0.....g									
14:0.....g	0.035		0		1		0.084	0.005	0.072
15:0.....g									
16:0.....g	0.017		0		1		0.041	0.003	0.035
17:0.....g									
18:0.....g	0.010		0		1		0.024	0.002	0.021
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0		1		0.019	0.001	0.016
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.019	0.001	0.016
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.002		0		1		0.005	0.000	0.004
18:2 undifferentiated.....g	0.002		0		1		0.005	0.000	0.004
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.008		0		1		0.019	0.001	0.016
Threonine.....g	0.026		0		1		0.062	0.004	0.054
Isoleucine.....g	0.028		0		1		0.067	0.004	0.058
Leucine.....g	0.053		0		1		0.127	0.008	0.109
Lysine.....g	0.032		0		1		0.077	0.005	0.066
Methionine.....g	0.013		0		1		0.031	0.002	0.027
Cystine.....g	0.014		0		1		0.034	0.002	0.029
Phenylalanine.....g	0.037		0		1		0.089	0.006	0.076
Tyrosine.....g	0.022		0		1		0.053	0.003	0.045
Valine.....g	0.044		0		1		0.106	0.007	0.091
Arginine.....g	0.118		0		1		0.283	0.018	0.243
Histidine.....g	0.017		0		1		0.041	0.003	0.035
Alanine.....g	0.037		0		1		0.089	0.006	0.076
Aspartic acid.....g	0.070		0		1		0.168	0.011	0.144
Glutamic acid.....g	0.165		0		1		0.396	0.025	0.340
Glycine.....g	0.034		0		1		0.082	0.005	0.070
Proline.....g	0.030		0		1		0.072	0.005	0.062
Serine.....g	0.037		0		1		0.089	0.006	0.076
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 12119

Nuts, coconut water (liquid from coconuts)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

- Measure 1 = 240g: 1 cup
- Measure 2 = 15.0g: 1 tbsp
- Measure 3 = 206g: 1 coconut yields

**Calories Factors: Protein 3.47      Fat 8.37      Carbohydrate 4.07**

**Food Group:** 12 Nut and Seed Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12200

Nuts, formulated, wheat-based, all flavors except macadamia, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.00		1		1		0.57		
Energy.....kcal	647		0	NC	4		183		
Energy.....kJ	2707				4		767		
Protein (N x 5.8).....g	13.11		1		1		3.72		
Total lipid (fat).....g	62.30		1		1		17.66		
Ash.....g	1.80		1		1		0.51		
Carbohydrate, by difference.....g	20.79		0	NC	4		5.89		
Fiber, total dietary.....g	5.2		0		4		1.5		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	22		1		1		6		
Iron, Fe.....mg	2.60		1		1		0.74		
Magnesium, Mg.....mg	59		0		4		17		
Phosphorus, P.....mg	366		1		1		104		
Potassium, K.....mg	320		1		1		91		
Sodium, Na.....mg	91		1		1		26		
Zinc, Zn.....mg	2.96		0		4		0.84		
Copper, Cu.....mg	0.181		0		4		0.051		
Manganese, Mn.....mg	6.949		0		4		1.970		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0		4		0.0		
Thiamin.....mg	0.400		1		1		0.113		
Riboflavin.....mg	0.300		1		1		0.085		
Niacin.....mg	1.500		1		1		0.425		
Pantothenic acid.....mg	0.312		0		4		0.088		
Vitamin B-6.....mg	0.348		0		4		0.099		
Folate, total.....µg	125		0		4		35		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	125		0		4		35		
Folate, DFE.....µg	125		0	NC	4		35		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 12200

Nuts, formulated, wheat-based, all flavors except macadamia, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	9.370		0		1		2.656		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.093		0		1		0.026		
15:0.....g									
16:0.....g	6.360		0		1		1.803		
17:0.....g									
18:0.....g	2.948		0		1		0.836		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	25.722		0		1		7.292		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.248		0		1		0.070		
17:1.....g									
18:1 undifferentiated.....g	25.416		0		1		7.205		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	24.284		0		1		6.885		
18:2 undifferentiated.....g	22.448		0		1		6.364		
18:3 undifferentiated.....g	1.777		0		1		0.504		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.172		0		1		0.049		
Threonine.....g	0.552		0		1		0.156		
Isoleucine.....g	0.552		0		1		0.156		
Leucine.....g	0.972		0		1		0.276		
Lysine.....g	0.886		0		1		0.251		
Methionine.....g	0.274		0		1		0.078		
Cystine.....g	0.226		0		1		0.064		
Phenylalanine.....g	0.586		0		1		0.166		
Tyrosine.....g	0.486		0		1		0.138		
Valine.....g	0.712		0		1		0.202		
Arginine.....g	0.981		0		1		0.278		
Histidine.....g	0.380		0		1		0.108		
Alanine.....g	0.753		0		1		0.213		
Aspartic acid.....g	1.194		0		1		0.338		
Glutamic acid.....g	2.433		0		1		0.690		
Glycine.....g	0.699		0		1		0.198		
Proline.....g	0.857		0		1		0.243		
Serine.....g	0.674		0		1		0.191		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12200**

**Nuts, formulated, wheat-based, all flavors except macadamia, without salt**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.59**

**Fat 8.37**

**Carbohydrate 3.78**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12140

Nuts, formulated, wheat-based, unflavored, with salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.50		1		1		0.71		
Energy.....kcal	622		0	NC	4		176		
Energy.....kJ	2602				4		738		
Protein (N x 5.8).....g	13.82		1		1		3.92		
Total lipid (fat).....g	57.70		1		1		16.36		
Ash.....g	2.30		1		1		0.65		
Carbohydrate, by difference.....g	23.68		0	NC	4		6.71		
Fiber, total dietary.....g	5.2		0		4		1.5		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	26		1		1		7		
Iron, Fe.....mg	2.40		1		1		0.68		
Magnesium, Mg.....mg	58		0		4		16		
Phosphorus, P.....mg	371		1		1		105		
Potassium, K.....mg	318		1		1		90		
Sodium, Na.....mg	505		1		1		143		
Zinc, Zn.....mg	2.94		0		4		0.83		
Copper, Cu.....mg	0.180		0		4		0.051		
Manganese, Mn.....mg	7.919		0		4		2.245		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0		4		0.0		
Thiamin.....mg	0.300		1		1		0.085		
Riboflavin.....mg	0.300		1		1		0.085		
Niacin.....mg	1.500		1		1		0.425		
Pantothenic acid.....mg	0.310		0		4		0.088		
Vitamin B-6.....mg	0.394		0		4		0.112		
Folate, total.....µg	142		0		4		40		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	142		0		4		40		
Folate, DFE.....µg	142		0	NC	4		40		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 12140

Nuts, formulated, wheat-based, unflavored, with salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Fatty acids, total saturated.....g	8.701		0		1		2.467		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.094		0		1		0.027		
15:0.....g									
16:0.....g	5.957		0		1		1.689		
17:0.....g									
18:0.....g	2.687		0		1		0.762		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	23.545		0		1		6.675		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.230		0		1		0.065		
17:1.....g									
18:1 undifferentiated.....g	23.263		0		1		6.595		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	22.714		0		1		6.439		
18:2 undifferentiated.....g	20.974		0		1		5.946		
18:3 undifferentiated.....g	1.687		0		1		0.478		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.164		0		1		0.046		
Threonine.....g	0.579		0		1		0.164		
Isoleucine.....g	0.555		0		1		0.157		
Leucine.....g	0.991		0		1		0.281		
Lysine.....g	0.910		0		1		0.258		
Methionine.....g	0.279		0		1		0.079		
Cystine.....g	0.252		0		1		0.071		
Phenylalanine.....g	0.603		0		1		0.171		
Tyrosine.....g	0.484		0		1		0.137		
Valine.....g	0.729		0		1		0.207		
Arginine.....g	1.065		0		1		0.302		
Histidine.....g	0.393		0		1		0.111		
Alanine.....g	0.817		0		1		0.232		
Aspartic acid.....g	1.267		0		1		0.359		
Glutamic acid.....g	2.499		0		1		0.708		
Glycine.....g	0.772		0		1		0.219		
Proline.....g	0.846		0		1		0.240		
Serine.....g	0.696		0		1		0.197		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12140**

**Nuts, formulated, wheat-based, unflavored, with salt added**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.59**

**Fat 8.37**

**Carbohydrate 3.78**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



**NDB No. 12129**  
**Nuts, ginkgo nuts, canned**

Refuse:41% Liquid

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	72.95		1		1		113.07	20.68	
Energy.....kcal	111		0	NC	4		172	31	
Energy.....kJ	464				4		720	132	
Protein (N x 5.3).....g	2.29		1		1		3.55	0.65	
Total lipid (fat).....g	1.62		1		1		2.51	0.46	
Ash.....g	1.04		1		1		1.61	0.29	
Carbohydrate, by difference.....g	22.10		0	NC	4		34.26	6.27	
Fiber, total dietary.....g	9.3		0		4		14.4	2.6	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	4		1		1		6	1	
Iron, Fe.....mg	0.29		1		1		0.45	0.08	
Magnesium, Mg.....mg	16		1		1		25	5	
Phosphorus, P.....mg	54		1		1		84	15	
Potassium, K.....mg	180		1		1		279	51	
Sodium, Na.....mg	307		1		1		476	87	
Zinc, Zn.....mg	0.21		0		1		0.33	0.06	
Copper, Cu.....mg	0.166		0		1		0.257	0.047	
Manganese, Mn.....mg	0.068		0		1		0.105	0.019	
Selenium, Se.....µg	0.5		0	BFZN	4		0.8	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.1		0		4		14.1	2.6	
Thiamin.....mg	0.133		0		4		0.206	0.038	
Riboflavin.....mg	0.054		0		4		0.084	0.015	
Niacin.....mg	3.623		0		4		5.616	1.027	
Pantothenic acid.....mg	0.097		0		4		0.150	0.027	
Vitamin B-6.....mg	0.198		0		4		0.307	0.056	
Folate, total.....µg	33		0		4		51	9	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	33		0		4		51	9	
Folate, DFE.....µg	33		0	NC	4		51	9	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	17		0		4		26	5	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	337		0		4		522	96	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

**NDB No. 12129**  
**Nuts, ginkgo nuts, canned**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.309		0		1	0.479	0.088
4:0.....g	0.000		0		1	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000
8:0.....g	0.000		0		1	0.000	0.000
10:0.....g	0.000		0		1	0.000	0.000
12:0.....g	0.000		0		1	0.000	0.000
13:0.....g							
14:0.....g	0.006		0		1	0.009	0.002
15:0.....g							
16:0.....g	0.278		0		1	0.431	0.079
17:0.....g							
18:0.....g	0.015		0		1	0.023	0.004
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.599		0		1	0.928	0.170
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.077		0		1	0.119	0.022
17:1.....g							
18:1 undifferentiated.....g	0.495		0		1	0.767	0.140
20:1.....g	0.009		0		1	0.014	0.003
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.597		0		1	0.925	0.169
18:2 undifferentiated.....g	0.559		0		1	0.866	0.158
18:3 undifferentiated.....g	0.021		0		1	0.033	0.006
18:4.....g	0.000		0		1	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.038		0		1	0.059	0.011
Threonine.....g	0.142		0		1	0.220	0.040
Isoleucine.....g	0.111		0		1	0.172	0.031
Leucine.....g	0.168		0		1	0.260	0.048
Lysine.....g	0.110		0		1	0.171	0.031
Methionine.....g	0.029		0		1	0.045	0.008
Cystine.....g	0.012		0		1	0.019	0.003
Phenylalanine.....g	0.090		0		1	0.140	0.026
Tyrosine.....g	0.032		0		1	0.050	0.009
Valine.....g	0.150		0		1	0.233	0.043
Arginine.....g	0.223		0		1	0.346	0.063
Histidine.....g	0.054		0		1	0.084	0.015
Alanine.....g	0.131		0		1	0.203	0.037
Aspartic acid.....g	0.288		0		1	0.446	0.082
Glutamic acid.....g	0.444		0		1	0.688	0.126
Glycine.....g	0.123		0		1	0.191	0.035
Proline.....g	0.184		0		1	0.285	0.052
Serine.....g	0.154		0		1	0.239	0.044
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

NDB No. 12129  
Nuts, ginkgo nuts, canned

---

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**  
Measure 1 = 155g: 1 cup (78 kernels)  
Measure 2 = 28.35g: 1 oz (14 kernels)

**Calories Factors:** Protein 3.47      Fat 8.37      Carbohydrate 4.07

**Food Group:** 12 Nut and Seed Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

**NDB No. 12128**  
**Nuts, ginkgo nuts, dried**

Refuse:24% Shells

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	12.40		0		1		3.52		
Energy.....kcal	348		0	NC	4		99		
Energy.....kJ	1456				4		413		
Protein (N x 5.3).....g	10.35		0		1		2.93		
Total lipid (fat).....g	2.00		1		1		0.57		
Ash.....g	2.80		0		1		0.79		
Carbohydrate, by difference.....g	72.45		0	NC	4		20.54		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	20		0		1		6		
Iron, Fe.....mg	1.60		0		1		0.45		
Magnesium, Mg.....mg	53		0		1		15		
Phosphorus, P.....mg	269		0		1		76		
Potassium, K.....mg	998		0		1		283		
Sodium, Na.....mg	13		0		1		4		
Zinc, Zn.....mg	0.67	0.055	3		1		0.19		
Copper, Cu.....mg	0.536	0.073	3		1		0.152		
Manganese, Mn.....mg	0.220	0.020	3		1		0.062		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	29.3		0		1		8.3		
Thiamin.....mg	0.430		0		1		0.122		
Riboflavin.....mg	0.176		0		1		0.050		
Niacin.....mg	11.732		0		1		3.326		
Pantothenic acid.....mg	1.345		1		1		0.381		
Vitamin B-6.....mg	0.641		0		4		0.182		
Folate, total.....µg	106		0		4		30		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	106		0		4		30		
Folate, DFE.....µg	106		0	NC	4		30		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	55		0		1		15		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1091		0		1		309		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

**NDB No. 12128**  
**Nuts, ginkgo nuts, dried**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.381		0		1		0.108		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.008		0		1		0.002		
15:0.....g									
16:0.....g	0.343		0		1		0.097		
17:0.....g									
18:0.....g	0.019		0		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.739		0		1		0.210		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.095		0		1		0.027		
17:1.....g									
18:1 undifferentiated.....g	0.611		0		1		0.173		
20:1.....g	0.011		0		1		0.003		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.737		0		1		0.209		
18:2 undifferentiated.....g	0.690		0		1		0.196		
18:3 undifferentiated.....g	0.025		0		1		0.007		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.170		0		1		0.048		
Threonine.....g	0.640		0		1		0.181		
Isoleucine.....g	0.500		0		1		0.142		
Leucine.....g	0.755		0		1		0.214		
Lysine.....g	0.494		0		1		0.140		
Methionine.....g	0.133		0		1		0.038		
Cystine.....g	0.055		0		1		0.016		
Phenylalanine.....g	0.408		0		1		0.116		
Tyrosine.....g	0.146		0		1		0.041		
Valine.....g	0.677		0		1		0.192		
Arginine.....g	1.005		0		1		0.285		
Histidine.....g	0.244		0		1		0.069		
Alanine.....g	0.591		0		1		0.168		
Aspartic acid.....g	1.298		0		1		0.368		
Glutamic acid.....g	2.001		0		1		0.567		
Glycine.....g	0.554		0		1		0.157		
Proline.....g	0.830		0		1		0.235		
Serine.....g	0.695		0		1		0.197		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12128**

**Nuts, ginkgo nuts, dried**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

**NDB No. 12127**  
**Nuts, ginkgo nuts, raw**  
*Ginkgo biloba*

Refuse:24% Shells

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	55.20		1		1		15.65		
Energy.....kcal	182		0	NC	4		52		
Energy.....kJ	761				4		216		
Protein (N x 5.3).....g	4.32		1		1		1.22		
Total lipid (fat).....g	1.68		2		1		0.48		
Ash.....g	1.20		1		1		0.34		
Carbohydrate, by difference.....g	37.60		0	NC	4		10.66		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	2		1		1		1		
Iron, Fe.....mg	1.00		1		1		0.28		
Magnesium, Mg.....mg	27		0		1		8		
Phosphorus, P.....mg	124		1		1		35		
Potassium, K.....mg	510		0		1		145		
Sodium, Na.....mg	7		0		1		2		
Zinc, Zn.....mg	0.34		0		1		0.10		
Copper, Cu.....mg	0.274		0		1		0.078		
Manganese, Mn.....mg	0.113		0		1		0.032		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	15.0		1		1		4.3		
Thiamin.....mg	0.220		1		1		0.062		
Riboflavin.....mg	0.090		1		1		0.026		
Niacin.....mg	6.000		1		1		1.701		
Pantothenic acid.....mg	0.160		1		1		0.045		
Vitamin B-6.....mg	0.328		0		4		0.093		
Folate, total.....µg	54		0		4		15		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	54		0		4		15		
Folate, DFE.....µg	54		0	NC	4		15		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	28		1		1		8		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	558		1		1		158		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 12127**  
**Nuts, ginkgo nuts, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.319		0		1		0.090		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.006		1		1		0.002		
15:0.....g									
16:0.....g	0.288		2		1		0.082		
17:0.....g									
18:0.....g	0.016		2		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.619		0		1		0.175		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.079		2		1		0.022		
17:1.....g									
18:1 undifferentiated.....g	0.512		2		1		0.145		
20:1.....g	0.010		1		1		0.003		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.618		0		1		0.175		
18:2 undifferentiated.....g	0.578		2		1		0.164		
18:3 undifferentiated.....g	0.021		2		1		0.006		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.071		2		1		0.020		
Threonine.....g	0.268		2		1		0.076		
Isoleucine.....g	0.209		2		1		0.059		
Leucine.....g	0.316		2		1		0.090		
Lysine.....g	0.206		2		1		0.058		
Methionine.....g	0.055		2		1		0.016		
Cystine.....g	0.023		2		1		0.007		
Phenylalanine.....g	0.171		2		1		0.048		
Tyrosine.....g	0.061		2		1		0.017		
Valine.....g	0.283		2		1		0.080		
Arginine.....g	0.420		2		1		0.119		
Histidine.....g	0.102		2		1		0.029		
Alanine.....g	0.247		2		1		0.070		
Aspartic acid.....g	0.543		2		1		0.154		
Glutamic acid.....g	0.836		2		1		0.237		
Glycine.....g	0.232		2		1		0.066		
Proline.....g	0.347		2		1		0.098		
Serine.....g	0.290		2		1		0.082		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.



**NDB No.** 12127

**Nuts, ginkgo nuts, raw**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



**NDB No. 12120**  
**Nuts, hazelnuts or filberts (1, 2)**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0	
Vitamin D.....µg	0		0	Z	7	0	0	0	
Vitamin K (phylloquinone).....µg	14.2	1.137	8	A	1	16.4	10.7	19.2	
Dihydrophyloquinone.....µg	0.0	0.000	8	A	1	0.0	0.0	0.0	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.464		0	NC	4	5.134	3.348	6.027	
4:0.....g	0.000		0	Z	7	0.000	0.000	0.000	
6:0.....g	0.000		0	Z	7	0.000	0.000	0.000	
8:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
10:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
12:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
13:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
14:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
15:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
16:0.....g	3.097	0.023	4	A	1	3.562	2.323	4.181	
17:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
18:0.....g	1.265	0.041	4	A	1	1.455	0.949	1.708	
20:0.....g	0.102	0.028	4	A	1	0.117	0.077	0.138	
22:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
24:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	45.652		0	NC	4	52.499	34.239	61.630	
14:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.116	0.001	4	A	1	0.133	0.087	0.156	
17:1.....g									
18:1 undifferentiated.....g	45.405	0.249	4	A	1	52.215	34.053	61.296	
20:1.....g	0.131	0.014	4	A	1	0.151	0.098	0.177	
22:1 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
24:1 c.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	7.920		0	NC	4	9.108	5.940	10.692	
18:2 undifferentiated.....g	7.833	0.116	4	A	1	9.008	5.875	10.574	
18:3 undifferentiated.....g	0.087	0.029	4	A	1	0.100	0.065	0.117	
18:4.....g	0.000		0	Z	7	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7	0	0	0	
Phytosterols.....mg									
Stigmasterol.....mg	1	0.038	4	A	1	1	1	2	
Campesterol.....mg	7	0.118	4	A	1	8	5	9	
Beta-sitosterol.....mg	102	1.353	4	A	1	117	76	138	
<b>Amino Acids:</b>									
Tryptophan.....g	0.193		0	A	1	0.222	0.145	0.260	
Threonine.....g	0.497		0	A	1	0.571	0.373	0.671	
Isoleucine.....g	0.545		0	A	1	0.627	0.409	0.736	
Leucine.....g	1.063		0	A	1	1.223	0.798	1.436	
Lysine.....g	0.420		0	A	1	0.483	0.315	0.567	
Methionine.....g	0.221		0	A	1	0.254	0.166	0.299	
Cystine.....g	0.277		0	A	1	0.318	0.208	0.374	
Phenylalanine.....g	0.663		0	A	1	0.763	0.497	0.895	
Tyrosine.....g	0.362		0	A	1	0.416	0.271	0.489	
Valine.....g	0.701		0	A	1	0.807	0.526	0.947	
Arginine.....g	2.211		0	A	1	2.543	1.659	2.985	
Histidine.....g	0.432		0	A	1	0.497	0.324	0.583	

**NDB No. 12120**  
**Nuts, hazelnuts or filberts (1, 2)**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Alanine.....g	0.730		0	A	1	0.839	0.547	0.985
Aspartic acid.....g	1.679		0	A	1	1.931	1.259	2.267
Glutamic acid.....g	3.710		0	A	1	4.266	2.782	5.008
Glycine.....g	0.724		0	A	1	0.832	0.543	0.977
Proline.....g	0.561		0	A	1	0.645	0.420	0.757
Serine.....g	0.735		0	A	1	0.846	0.552	0.993
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

- Measure 1 = 115g: 1 cup, chopped
- Measure 2 = 75g: 1 cup, ground
- Measure 3 = 135g: 1 cup, whole

**Footnotes:**

- 1 Unroasted
- 2 Other phytosterols = 12.0 mg/100g; these include delta 5-avenasterol (2.6), campestanol (3.0), sitostanol (3.9) and other minor phytosterols (2.5 mg).

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12121

Nuts, hazelnuts or filberts, blanched (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	5.79		2	A	1		1.64		
Energy.....kcal	629		0	NC	4		178		
Energy.....kJ	2630		0	NC	4		746		
Protein (N x 5.3).....g	13.70		2	A	1		3.88		
Total lipid (fat).....g	61.15		2	A	1		17.34		
Ash.....g	2.36		2	A	1		0.67		
Carbohydrate, by difference.....g	17.00		0	NC	4		4.82		
Fiber, total dietary.....g	11.0		2	A	1		3.1		
Sugars, total.....g	3.49		2	A	1		0.99		
Sucrose.....g	3.35		2	A	1		0.95		
Glucose (dextrose).....g	0.07		2	A	1		0.02		
Fructose.....g	0.07		2	A	1		0.02		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	0.00		2	A	1		0.00		
Galactose.....g									
Starch.....g	0.93		2	A	1		0.26		
<b>Minerals:</b>									
Calcium, Ca.....mg	149		2	A	1		42		
Iron, Fe.....mg	3.30		2	A	1		0.94		
Magnesium, Mg.....mg	160		2	A	1		45		
Phosphorus, P.....mg	310		2	A	1		88		
Potassium, K.....mg	658		2	A	1		187		
Sodium, Na.....mg	0		2	A	1		0		
Zinc, Zn.....mg	2.20		2	A	1		0.62		
Copper, Cu.....mg	1.600		2	A	1		0.454		
Manganese, Mn.....mg	12.650		2	A	1		3.586		
Selenium, Se.....µg	4.1		0	BFSN	4		1.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.0		2	A	1		0.6		
Thiamin.....mg	0.475		2	A	1		0.135		
Riboflavin.....mg	0.110		2	A	1		0.031		
Niacin.....mg	1.550		2	A	1		0.439		
Pantothenic acid.....mg	0.815		2	A	1		0.231		
Vitamin B-6.....mg	0.585		2	A	1		0.166		
Folate, total.....µg	78		2	A	1		22		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	78		2	A	1		22		
Folate, DFE.....µg	78		0	NC	4		22		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	2		1	AS	1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	23		1	A	1		6		
Carotene, alpha.....µg	2		1	A	1		0		
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	40		1	AS	1		11		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	17.50		2	A	1		4.96		
Tocopherol, beta.....mg	0.35		2	A	1		0.10		
Tocopherol, gamma.....mg	2.15		2	A	1		0.61		
Tocopherol, delta.....mg	0.14		2	A	1		0.04		
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Vitamin D.....IU	0		0	Z	7	0	
Vitamin K (phylloquinone).....µg							
Dihydrophylloquinone.....µg							
Menaquinone-4.....µg							
<b>Lipids:</b>							
Fatty acids, total saturated.....g	4.669		0	NC	4	1.324	
4:0.....g							
6:0.....g							
8:0.....g	0.000		2	A	1	0.000	
10:0.....g	0.000		2	A	1	0.000	
12:0.....g	0.000		2	A	1	0.000	
13:0.....g	0.000		2	A	1	0.000	
14:0.....g	0.000		2	A	1	0.000	
15:0.....g	0.000		2	A	1	0.000	
16:0.....g	3.176		2	A	1	0.900	
17:0.....g	0.000		2	A	1	0.000	
18:0.....g	1.434		2	A	1	0.407	
20:0.....g	0.059		2	A	1	0.017	
22:0.....g	0.000		2	A	1	0.000	
24:0.....g	0.000		2	A	1	0.000	
Fatty acids, total monounsaturated.....g	48.192		0	NC	4	13.662	
14:1.....g	0.000		2	A	1	0.000	
15:1.....g							
16:1 undifferentiated.....g	0.116		2	A	1	0.033	
17:1.....g							
18:1 undifferentiated.....g	47.958		2	A	1	13.596	
20:1.....g	0.118		2	A	1	0.033	
22:1 undifferentiated.....g	0.000		2	A	1	0.000	
24:1 c.....g	0.000		2	A	1	0.000	
Fatty acids, total polyunsaturated.....g	5.558		0	NC	4	1.576	
18:2 undifferentiated.....g	5.499		2	A	1	1.559	
18:3 undifferentiated.....g	0.058		2	A	1	0.017	
18:4.....g							
20:2 n-6 c,c.....g	0.000		2	A	1	0.000	
20:3 undifferentiated.....g	0.000		2	A	1	0.000	
20:4 undifferentiated.....g	0.000		2	A	1	0.000	
20:5 n-3 (EPA).....g	0.000		2	A	1	0.000	
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		2	A	1	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1	0.000	
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7	0	
Phytosterols.....mg	116		2	A	1	33	
Stigmasterol.....mg	1		1	A	1	0	
Campesterol.....mg	7		1	A	1	2	
Beta-sitosterol.....mg	108		1	A	1	31	
<b>Amino Acids:</b>							
Tryptophan.....g	0.177		0	A	1	0.050	
Threonine.....g	0.455		0	A	1	0.129	
Isoleucine.....g	0.499		0	A	1	0.142	
Leucine.....g	0.974		0	A	1	0.276	
Lysine.....g	0.385		0	A	1	0.109	
Methionine.....g	0.203		0	A	1	0.057	
Cystine.....g	0.254		0	A	1	0.072	
Phenylalanine.....g	0.608		0	A	1	0.172	
Tyrosine.....g	0.332		0	A	1	0.094	
Valine.....g	0.643		0	A	1	0.182	
Arginine.....g	2.026		0	A	1	0.574	
Histidine.....g	0.396		0	A	1	0.112	
Alanine.....g	0.669		0	A	1	0.190	
Aspartic acid.....g	1.539		0	A	1	0.436	
Glutamic acid.....g	3.399		0	A	1	0.964	

NDB No. 12121

Nuts, hazelnuts or filberts, blanched (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Glycine.....g	0.663		0	A	1	0.188		
Proline.....g	0.514		0	A	1	0.146		
Serine.....g	0.674		0	A	1	0.191		
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0		
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Footnotes:**

1 Unroasted

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12122

Nuts, hazelnuts or filberts, dry roasted, without salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.52	0.335	4	A	1		0.71		
Energy.....kcal	646		0	NC	4		183		
Energy.....kJ	2703		0	NC	4		766		
Protein (N x 5.3).....g	15.03	0.421	4	A	1		4.26		
Total lipid (fat).....g	62.40	0.916	4	A	1		17.69		
Ash.....g	2.45	0.019	4	A	1		0.70		
Carbohydrate, by difference.....g	17.60		0	NC	4		4.99		
Fiber, total dietary.....g	9.4	0.617	4	A	1		2.7		
Sugars, total.....g	4.89	0.307	4	A	1		1.39		
Sucrose.....g	4.75	0.307	4	A	1		1.35		
Glucose (dextrose).....g	0.07	0.000	4	A	1		0.02		
Fructose.....g	0.07	0.000	4	A	1		0.02		
Lactose.....g	0.00	0.000	4	A	1		0.00		
Maltose.....g	0.00	0.000	4	A	1		0.00		
Galactose.....g									
Starch.....g	1.10	0.034	4	A	1		0.31		
<b>Minerals:</b>									
Calcium, Ca.....mg	123	3.663	4	A	1		35		
Iron, Fe.....mg	4.38	0.138	4	A	1		1.24		
Magnesium, Mg.....mg	173	6.033	4	A	1		49		
Phosphorus, P.....mg	310	8.165	4	A	1		88		
Potassium, K.....mg	755	13.934	4	A	1		214		
Sodium, Na.....mg	0	0.065	4	A	1		0		
Zinc, Zn.....mg	2.50	0.000	4	A	1		0.71		
Copper, Cu.....mg	1.750	0.087	4	A	1		0.496		
Manganese, Mn.....mg	5.550	0.417	4	A	1		1.573		
Selenium, Se.....µg	4.1		0	BFSN	4		1.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.8	0.629	4	A	1		1.1		
Thiamin.....mg	0.338	0.036	4	A	1		0.096		
Riboflavin.....mg	0.123	0.005	4	A	1		0.035		
Niacin.....mg	2.050	0.065	4	A	1		0.581		
Pantothenic acid.....mg	0.923	0.031	4	A	1		0.262		
Vitamin B-6.....mg	0.620	0.017	4	A	1		0.176		
Folate, total.....µg	88	5.375	4	A	1		25		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	88	5.375	4	A	1		25		
Folate, DFE.....µg	88		0	NC	4		25		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	3		1	A	1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	36		1	A	1		10		
Carotene, alpha.....µg	1		1	A	1		0		
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	61		1	A	1		17		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	15.28	0.704	4	A	1		4.33		
Tocopherol, beta.....mg	0.33	0.048	4	A	1		0.09		
Tocopherol, gamma.....mg	0.00	0.000	4	A	1		0.00		
Tocopherol, delta.....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		



NDB No. 12122

Nuts, hazelnuts or filberts, dry roasted, without salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.511		0	NC	4		1.279		
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	4	A	1		0.000		
10:0.....g	0.000	0.000	4	A	1		0.000		
12:0.....g	0.000	0.000	4	A	1		0.000		
13:0.....g	0.000	0.000	4	A	1		0.000		
14:0.....g	0.000	0.000	4	A	1		0.000		
15:0.....g	0.000	0.000	4	A	1		0.000		
16:0.....g	3.181	0.038	4	A	1		0.902		
17:0.....g	0.000	0.000	4	A	1		0.000		
18:0.....g	1.271	0.072	4	A	1		0.360		
20:0.....g	0.060	0.001	4	A	1		0.017		
22:0.....g	0.000	0.000	4	A	1		0.000		
24:0.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated.....g	46.608		0	NC	4		13.213		
14:1.....g	0.000	0.000	4	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.119	0.002	4	A	1		0.034		
17:1.....g									
18:1 undifferentiated.....g	46.354	1.012	4	A	1		13.141		
20:1.....g	0.134	0.013	4	A	1		0.038		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total polyunsaturated.....g	8.463		0	NC	4		2.399		
18:2 undifferentiated.....g	8.403	0.272	4	A	1		2.382		
18:3 undifferentiated.....g	0.060	0.001	4	A	1		0.017		
18:4.....g									
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	110		1	A	1		31		
Stigmasterol.....mg	1		1	A	1		0		
Campesterol.....mg	6		1	A	1		2		
Beta-sitosterol.....mg	103		1	A	1		29		
<b>Amino Acids:</b>									
Tryptophan.....g	0.194		0	A	1		0.055		
Threonine.....g	0.499		0	A	1		0.142		
Isoleucine.....g	0.548		0	A	1		0.155		
Leucine.....g	1.069		0	A	1		0.303		
Lysine.....g	0.422		0	A	1		0.120		
Methionine.....g	0.222		0	A	1		0.063		
Cystine.....g	0.278		0	A	1		0.079		
Phenylalanine.....g	0.667		0	A	1		0.189		
Tyrosine.....g	0.364		0	A	1		0.103		
Valine.....g	0.705		0	A	1		0.200		
Arginine.....g	2.222		0	A	1		0.630		
Histidine.....g	0.434		0	A	1		0.123		
Alanine.....g	0.733		0	A	1		0.208		
Aspartic acid.....g	1.687		0	A	1		0.478		
Glutamic acid.....g	3.728		0	A	1		1.057		

NDB No. 12122

Nuts, hazelnuts or filberts, dry roasted, without salt added

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Glycine.....g	0.727		0	A	1	0.206		
Proline.....g	0.563		0	A	1	0.160		
Serine.....g	0.739		0	A	1	0.210		
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0		
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12130  
 Nuts, hickorynuts, dried  
 Carya spp.

Refuse:68% Shells

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.65	0.136	4		1		3.18	0.75	0.08
Energy.....kcal	657		0	NC	4		788	186	20
Energy.....kJ	2749				4		3299	779	82
Protein (N x 5.3).....g	12.72	0.869	8		1		15.26	3.61	0.38
Total lipid (fat).....g	64.37	1.540	18		1		77.24	18.25	1.93
Ash.....g	2.00	0.134	6		1		2.40	0.57	0.06
Carbohydrate, by difference.....g	18.25		0	NC	4		21.90	5.17	0.55
Fiber, total dietary.....g	6.4		0		4		7.7	1.8	0.2
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	61	4.371	8		1		73	17	2
Iron, Fe.....mg	2.12	0.036	8		1		2.54	0.60	0.06
Magnesium, Mg.....mg	173	7.756	8		1		208	49	5
Phosphorus, P.....mg	336	18.968	8		1		403	95	10
Potassium, K.....mg	436	26.350	8		1		523	124	13
Sodium, Na.....mg	1	0.046	8		1		1	0	0
Zinc, Zn.....mg	4.31	0.111	8		1		5.17	1.22	0.13
Copper, Cu.....mg	0.738	0.017	8		1		0.886	0.209	0.022
Manganese, Mn.....mg	4.610		0		4		5.532	1.307	0.138
Selenium, Se.....µg	8.1		1	A	1		9.7	2.3	0.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.0		0		4		2.4	0.6	0.1
Thiamin.....mg	0.867		0		4		1.040	0.246	0.026
Riboflavin.....mg	0.131		0		4		0.157	0.037	0.004
Niacin.....mg	0.907		0		4		1.088	0.257	0.027
Pantothenic acid.....mg	1.746		0		4		2.095	0.495	0.052
Vitamin B-6.....mg	0.192		0		4		0.230	0.054	0.006
Folate, total.....µg	40		0		4		48	11	1
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	40		0		4		48	11	1
Folate, DFE.....µg	40		0	NC	4		48	11	1
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	7		0		4		8	2	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	131		0		4		157	37	4
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 12130  
Nuts, hickorynuts, dried

---

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Confidence Code			

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

- Measure 1 = 120g: 1 cup
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 3.0g: 1 nut

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



Nuts, macadamia nuts, dry roasted, with salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0		
Vitamin D.....IU	0		0	Z	7	0	0		
Vitamin K (phylloquinone).....µg	0.0	0.000	3	A	1	0.0	0.0		
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1	0.0	0.0		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	11.947		0	NC	4	15.771	3.387		
4:0.....g	0.000		0	Z	7	0.000	0.000		
6:0.....g	0.000		0	Z	7	0.000	0.000		
8:0.....g	0.000	0.000	4	A	1	0.000	0.000		
10:0.....g	0.000	0.000	4	A	1	0.000	0.000		
12:0.....g	0.075	0.008	4	A	1	0.099	0.021		
13:0.....g	0.000	0.000	4	A	1	0.000	0.000		
14:0.....g	0.668	0.067	4	A	1	0.882	0.189		
15:0.....g	0.000	0.000	4	A	1	0.000	0.000		
16:0.....g	5.932	0.070	4	A	1	7.831	1.682		
17:0.....g	0.156	0.041	4	A	1	0.206	0.044		
18:0.....g	2.280	0.178	4	A	1	3.009	0.646		
20:0.....g	1.944	0.063	4	A	1	2.566	0.551		
22:0.....g	0.621	0.011	4	A	1	0.820	0.176		
24:0.....g	0.272	0.013	4	A	1	0.359	0.077		
Fatty acids, total monounsaturated.....g	59.275		0	NC	4	78.243	16.805		
14:1.....g	0.000	0.000	4	A	1	0.000	0.000		
15:1.....g									
16:1 undifferentiated.....g	12.725	0.493	4	A	1	16.797	3.607		
17:1.....g									
18:1 undifferentiated.....g	44.377	0.935	4	A	1	58.578	12.581		
20:1.....g	1.925	0.076	4	A	1	2.541	0.546		
22:1 undifferentiated.....g	0.237	0.016	4	A	1	0.313	0.067		
24:1 c.....g	0.011	0.010	4	A	1	0.015	0.003		
Fatty acids, total polyunsaturated.....g	1.498		0	NC	4	1.978	0.425		
18:2 undifferentiated.....g	1.303	0.108	4	A	1	1.719	0.369		
18:3 undifferentiated.....g	0.196	0.021	4	A	1	0.259	0.056		
18:4.....g	0.000		0	Z	7	0.000	0.000		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1	0.000	0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000		
20:4 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000		
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1	0.000	0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1	0.000	0.000		
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1	0.000	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7	0	0		
Phytosterols.....mg									
Stigmasterol.....mg	0	0.000	4	A	1	0	0		
Campesterol.....mg	10	0.069	4	A	1	13	3		
Beta-sitosterol.....mg	145	2.251	4	A	1	191	41		
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0		
Caffeine.....mg	0		0	Z	7	0	0		
Theobromine.....mg	0		0	Z	7	0	0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 132g: 1 cup, whole or halves

**NDB No. 12632**

**Nuts, macadamia nuts, dry roasted, with salt added (1)**

Measure 2 = 28.35g: 1 oz (10-12 kernels)

**Footnotes:**

1 Other phytosterols total 30.3 mg/100g; these include delta 5-avenasterol (13.4), campestanol (3.0), and other minor phytosterols (13.9 mg).

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)





Nuts, macadamia nuts, dry roasted, without salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0	0.000	3	A	1		0.0	0.0	
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	11.947		0	NC	4		15.771	3.387	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	
12:0.....g	0.075	0.008	4	A	1		0.099	0.021	
13:0.....g	0.000	0.000	4	A	1		0.000	0.000	
14:0.....g	0.668	0.067	4	A	1		0.882	0.189	
15:0.....g	0.000	0.000	4	A	1		0.000	0.000	
16:0.....g	5.932	0.070	4	A	1		7.831	1.682	
17:0.....g	0.156	0.041	4	A	1		0.206	0.044	
18:0.....g	2.280	0.178	4	A	1		3.009	0.646	
20:0.....g	1.944	0.063	4	A	1		2.566	0.551	
22:0.....g	0.621	0.011	4	A	1		0.820	0.176	
24:0.....g	0.272	0.013	4	A	1		0.359	0.077	
Fatty acids, total monounsaturated.....g	59.275		0	NC	4		78.243	16.805	
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	12.725	0.493	4	A	1		16.797	3.607	
17:1.....g									
18:1 undifferentiated.....g	44.377	0.935	4	A	1		58.578	12.581	
20:1.....g	1.925	0.076	4	A	1		2.541	0.546	
22:1 undifferentiated.....g	0.237	0.016	4	A	1		0.313	0.067	
24:1 c.....g	0.011	0.010	4	A	1		0.015	0.003	
Fatty acids, total polyunsaturated.....g	1.498		0	NC	4		1.978	0.425	
18:2 undifferentiated.....g	1.303	0.108	4	A	1		1.719	0.369	
18:3 undifferentiated.....g	0.196	0.021	4	A	1		0.259	0.056	
18:4.....g	0.000		0	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Stigmasterol.....mg	0	0.000	4	A	1		0	0	
Campesterol.....mg	10	0.069	4	A	1		13	3	
Beta-sitosterol.....mg	145	2.251	4	A	1		191	41	
<b>Amino Acids:</b>									
Tryptophan.....g	0.066		0	A	1		0.087	0.019	
Threonine.....g	0.364		0	A	1		0.480	0.103	
Isoleucine.....g	0.309		0	A	1		0.407	0.088	
Leucine.....g	0.592		0	A	1		0.782	0.168	
Lysine.....g	0.018		0	A	1		0.023	0.005	
Methionine.....g	0.023		0	A	1		0.030	0.007	
Cystine.....g	0.005		0	A	1		0.007	0.002	
Phenylalanine.....g	0.654		0	A	1		0.863	0.185	
Tyrosine.....g	0.503		0	A	1		0.664	0.143	
Valine.....g	0.357		0	A	1		0.471	0.101	
Arginine.....g	1.380		0	A	1		1.822	0.391	
Histidine.....g	0.192		0	A	1		0.254	0.054	
Alanine.....g	0.382		0	A	1		0.504	0.108	
Aspartic acid.....g	1.082		0	A	1		1.428	0.307	

NDB No. 12132

Nuts, macadamia nuts, dry roasted, without salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glutamic acid.....g	2.231		0	A	1		2.945	0.633	
Glycine.....g	0.447		0	A	1		0.590	0.127	
Proline.....g	0.460		0	A	1		0.608	0.131	
Serine.....g	0.413		0	A	1		0.545	0.117	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 132g: 1 cup, whole or halves

Measure 2 = 28.35g: 1 oz (10-12 kernels)

**Footnotes:**

1 Other phytosterols total 30.3 mg/100g; these include delta 5-avenasterol (13.4), campestanol (3.0), and other minor phytosterols (13.9 mg).

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12131

Nuts, macadamia nuts, raw (1)

Macadamia integrifolia, M. tetraphylla

Refuse:69% Shells

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.36	0.068	3	A	1		1.83	0.39	
Energy.....kcal	718		0	NC	4		962	204	
Energy.....kJ	3004		0	NC	4		4025	852	
Protein (N x 5.3).....g	7.91	0.351	3	A	1		10.60	2.24	
Total lipid (fat).....g	75.77	1.147	3	A	1		101.53	21.48	
Ash.....g	1.14	0.034	3	A	1		1.52	0.32	
Carbohydrate, by difference.....g	13.82		0	NC	4		18.52	3.92	
Fiber, total dietary.....g	8.6	0.911	3	A	1		11.5	2.4	
Sugars, total.....g	4.57	0.180	3	A	1		6.12	1.30	
Sucrose.....g	4.43	0.180	3	A	1		5.93	1.25	
Glucose (dextrose).....g	0.07	0.000	3	A	1		0.10	0.02	
Fructose.....g	0.07	0.000	3	A	1		0.10	0.02	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose.....g									
Starch.....g	1.05	0.024	3	A	1		1.40	0.30	
<b>Minerals:</b>									
Calcium, Ca.....mg	85	11.267	3	A	1		113	24	
Iron, Fe.....mg	3.69	0.728	3	A	1		4.94	1.04	
Magnesium, Mg.....mg	130	50.738	3	A	1		174	37	
Phosphorus, P.....mg	188	11.570	3	A	1		252	53	
Potassium, K.....mg	368	10.067	3	A	1		493	104	
Sodium, Na.....mg	5	1.066	3	A	1		6	1	
Zinc, Zn.....mg	1.30	0.093	3	A	1		1.74	0.37	
Copper, Cu.....mg	0.756	0.228	3	A	1		1.013	0.214	
Manganese, Mn.....mg	4.131	4.216	3	A	1		5.536	1.171	
Selenium, Se.....µg	3.6		1	A	1		4.8	1.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2	0.255	3	A	1		1.6	0.3	
Thiamin.....mg	1.195	0.255	3	A	1		1.601	0.339	
Riboflavin.....mg	0.162	0.322	3	A	1		0.217	0.046	
Niacin.....mg	2.473	0.337	3	A	1		3.313	0.701	
Pantothenic acid.....mg	0.758	0.078	3	A	1		1.016	0.215	
Vitamin B-6.....mg	0.275	0.032	3	A	1		0.368	0.078	
Folate, total.....µg	11	1.433	3	A	1		15	3	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	11	1.433	3	A	1		15	3	
Folate, DFE.....µg	11		0	NC	4		15	3	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	BFZN	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0			BFZN	4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.54	0.090	3	A	1		0.72	0.15	
Tocopherol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	

NDB No. 12131  
Nuts, macadamia nuts, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						
Vitamin D.....µg	0		0	Z	7		0	0		
Vitamin K (phylloquinone).....µg										
Dihydrophylloquinone.....µg										
Menaquinone-4.....µg										
<b>Lipids:</b>										
Fatty acids, total saturated.....g	12.061		0	NC	4		16.162	3.419		
4:0.....g	0.000		0	Z	7		0.000	0.000		
6:0.....g	0.000		0	Z	7		0.000	0.000		
8:0.....g	0.000	0.000	3	A	1		0.000	0.000		
10:0.....g	0.000	0.000	3	A	1		0.000	0.000		
12:0.....g	0.076	0.013	3	A	1		0.101	0.021		
13:0.....g	0.000	0.000	3	A	1		0.000	0.000		
14:0.....g	0.659	0.100	3	A	1		0.883	0.187		
15:0.....g	0.000	0.000	3	A	1		0.000	0.000		
16:0.....g	6.036	0.035	3	A	1		8.088	1.711		
17:0.....g	0.124	0.056	3	A	1		0.166	0.035		
18:0.....g	2.329	0.238	3	A	1		3.121	0.660		
20:0.....g	1.940	0.094	3	A	1		2.600	0.550		
22:0.....g	0.616	0.002	3	A	1		0.826	0.175		
24:0.....g	0.281	0.013	3	A	1		0.377	0.080		
Fatty acids, total monounsaturated.....g	58.877		0	NC	4		78.895	16.691		
14:1.....g	0.000	0.000	3	A	1		0.000	0.000		
15:1.....g										
16:1 undifferentiated.....g	12.981	0.682	3	A	1		17.395	3.680		
17:1.....g										
18:1 undifferentiated.....g	43.755	1.251	3	A	1		58.631	12.404		
20:1.....g	1.890	0.047	3	A	1		2.533	0.536		
22:1 undifferentiated.....g	0.233	0.020	3	A	1		0.312	0.066		
24:1 c.....g	0.018	0.012	3	A	1		0.024	0.005		
Fatty acids, total polyunsaturated.....g	1.502		0	NC	4		2.013	0.426		
18:2 undifferentiated.....g	1.296	0.090	3	A	1		1.737	0.368		
18:3 undifferentiated.....g	0.206	0.018	3	A	1		0.276	0.058		
18:4.....g	0.000		0	Z	7		0.000	0.000		
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000		
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000		
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000		
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000		
21:5.....g										
22:4.....g										
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000		
Fatty acids, total trans.....g										
Cholesterol.....mg	0		0	Z	7		0	0		
Phytosterols.....mg	116		1	A	1		155	33		
Stigmasterol.....mg	0		1	A	1		0	0		
Campesterol.....mg	8		1	A	1		10	2		
Beta-sitosterol.....mg	108		1	A	1		145	31		
<b>Amino Acids:</b>										
Tryptophan.....g	0.067		0	A	1		0.089	0.019		
Threonine.....g	0.370		0	A	1		0.495	0.105		
Isoleucine.....g	0.314		0	A	1		0.420	0.089		
Leucine.....g	0.602		0	A	1		0.807	0.171		
Lysine.....g	0.018		0	A	1		0.024	0.005		
Methionine.....g	0.023		0	A	1		0.031	0.007		
Cystine.....g	0.006		0	A	1		0.007	0.002		
Phenylalanine.....g	0.665		0	A	1		0.891	0.188		
Tyrosine.....g	0.511		0	A	1		0.685	0.145		
Valine.....g	0.363		0	A	1		0.486	0.103		
Arginine.....g	1.402		0	A	1		1.879	0.398		
Histidine.....g	0.195		0	A	1		0.261	0.055		
Alanine.....g	0.388		0	A	1		0.520	0.110		
Aspartic acid.....g	1.099		0	A	1		1.473	0.312		
Glutamic acid.....g	2.267		0	A	1		3.038	0.643		

**NDB No. 12131**  
**Nuts, macadamia nuts, raw (1)**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Glycine.....g	0.454		0	A	1	0.608	0.129	
Proline.....g	0.468		0	A	1	0.627	0.133	
Serine.....g	0.419		0	A	1	0.562	0.119	
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	
Theobromine.....mg	0		0	Z	7	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 134g: 1 cup, whole or halves

Measure 2 = 28.35g: 1 oz (10-12 kernels)

**Footnotes:**

1 Unroasted

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12141

Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER

Chosen Roaster

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.52		1	A	1		2.01		
Energy.....kcal	632		0	NC	4		834		
Energy.....kJ	2644		0	NC	4		3490		
Protein (N x 6.25).....g	18.00		1	A	1		23.76		
Total lipid (fat).....g	58.80		1	A	1		77.62		
Ash.....g	2.66		1	A	1		3.51		
Carbohydrate, by difference.....g	19.02		0	NC	4		25.11		
Fiber, total dietary.....g	7.1		1	A	1		9.4		
Sugars, total.....g	3.90		1	A	1		5.15		
Sucrose.....g	3.90		1	A	1		5.15		
Glucose (dextrose).....g	0.00		1	A	1		0.00		
Fructose.....g	0.00		1	A	1		0.00		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	106		1	A	1		140		
Iron, Fe.....mg	3.22		1	A	1		4.25		
Magnesium, Mg.....mg	202		1	A	1		267		
Phosphorus, P.....mg	412		1	A	1		544		
Potassium, K.....mg	585		1	A	1		772		
Sodium, Na.....mg	113		1	A	1		149		
Zinc, Zn.....mg	3.76		1	A	1		4.96		
Copper, Cu.....mg	1.140		1	A	1		1.505		
Manganese, Mn.....mg	2.610		1	A	1		3.445		
Selenium, Se.....µg	3.7		1	A	1		4.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg	0.540		1	A	1		0.713		
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Fatty acids, total saturated.....g	7.023		0	NC	4	9.270		
4:0.....g	0.000		1	A	1	0.000		
6:0.....g	0.000		1	A	1	0.000		
8:0.....g	0.000		1	A	1	0.000		
10:0.....g	0.000		1	A	1	0.000		
12:0.....g	0.000		1	A	1	0.000		
13:0.....g								
14:0.....g	0.020		1	A	1	0.026		
15:0.....g	0.007		1	A	1	0.009		
16:0.....g	4.267		1	A	1	5.632		
17:0.....g	0.047		1	A	1	0.062		
18:0.....g	2.037		1	A	1	2.689		
20:0.....g	0.238		1	A	1	0.314		
22:0.....g	0.254		1	A	1	0.335		
24:0.....g	0.153		1	A	1	0.202		
Fatty acids, total monounsaturated.....g	27.596		0	NC	4	36.426		
14:1.....g	0.000		1	A	1	0.000		
15:1.....g	0.000		1	A	1	0.000		
16:1 undifferentiated.....g	0.109		0	AS	1	0.144		
16:1 c.....g	0.109		1	A	1	0.144		
16:1 t.....g	0.000		1	A	1	0.000		
17:1.....g	0.036		1	A	1	0.047		
18:1 undifferentiated.....g	27.242		0	AS	1	35.959		
18:1 c.....g	27.226		1	A	1	35.938		
18:1 t.....g	0.016		1	A	1	0.021		
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.202		1	A	1	0.267		
22:1 undifferentiated.....g	0.007		0	AS	1	0.009		
22:1 c.....g	0.007		1	A	1	0.009		
22:1 t.....g	0.000		1	A	1	0.000		
24:1 c.....g	0.000		1	A	1	0.000		
Fatty acids, total polyunsaturated.....g	19.479		0	NC	4	25.712		
18:2 undifferentiated.....g	17.429		0	AS	1	23.006		
18:2 n-6 c,c.....g	17.412		1	A	1	22.984		
18:2 CLAs.....g	0.000		1	A	1	0.000		
18:2 t,t.....g								
18:2 i.....g								
18:2 t not further defined.....g	0.017		1	A	1	0.022		
18:3 undifferentiated.....g	2.025		0	AS	1	2.673		
18:3 n-3 c,c,c (ALA).....g	2.017		1	A	1	2.662		
18:3 n-6 c,c,c.....g	0.008		1	A	1	0.011		
18:3i.....g	0.000		1	A	1	0.000		
18:4.....g	0.000		1	A	1	0.000		
20:2 n-6 c,c.....g	0.006		1	A	1	0.008		
20:3 undifferentiated.....g	0.000		0	AS	1	0.000		
20:3 n-3.....g	0.000		1	A	1	0.000		
20:3 n-6.....g	0.000		1	A	1	0.000		
20:4 undifferentiated.....g	0.011		1	A	1	0.014		
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.008		1	A	1	0.011		
21:5.....g								
22:4.....g	0.000		1	A	1	0.000		
22:5 n-3 (DPA).....g	0.000		1	A	1	0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1	0.000		
Fatty acids, total trans.....g	0.033		0	NC	4	0.044		
Fatty acids, total trans-monoenoic.....g	0.016		0	NC	4	0.021		
Fatty acids, total trans-polyenoic.....g	0.017		0	NC	4	0.022		
Cholesterol.....mg								
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.



**NDB No.** 12141

**Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER**

**Common Measures:**

Measure 1 = 132g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.710		0	NC	4		9.863		
4:0.....g	0.000		2	A	1		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.022		2	A	1		0.032		
15:0.....g	0.005		2	A	1		0.008		
16:0.....g	4.245		2	A	1		6.241		
17:0.....g	0.038		2	A	1		0.056		
18:0.....g	1.649		2	A	1		2.425		
20:0.....g	0.247		2	A	1		0.362		
22:0.....g	0.316		2	A	1		0.464		
24:0.....g	0.187		2	A	1		0.275		
Fatty acids, total monounsaturated.....g	27.618		0	NC	4		40.599		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.213		0	AS	1		0.314		
16:1 c.....g	0.213		2	A	1		0.314		
16:1 t.....g	0.000		2	A	1		0.000		
17:1.....g	0.040		2	A	1		0.059		
18:1 undifferentiated.....g	27.143		0	AS	1		39.900		
18:1 c.....g	27.127		2	A	1		39.877		
18:1 t.....g	0.015		2	A	1		0.023		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.209		2	A	1		0.306		
22:1 undifferentiated.....g	0.010		0	AS	1		0.014		
22:1 c.....g	0.010		2	A	1		0.014		
22:1 t.....g	0.000		2	A	1		0.000		
24:1 c.....g	0.004		2	A	1		0.006		
Fatty acids, total polyunsaturated.....g	11.655		0	NC	4		17.133		
18:2 undifferentiated.....g	11.545		0	AS	1		16.971		
18:2 n-6 c,c.....g	11.531		2	A	1		16.951		
18:2 CLAs.....g	0.002		2	A	1		0.003		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.012		2	A	1		0.018		
18:3 undifferentiated.....g	0.080		0	AS	1		0.117		
18:3 n-3 c,c,c (ALA).....g	0.080		2	A	1		0.117		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g	0.000		2	A	1		0.000		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.006		2	A	1		0.009		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		2	A	1		0.000		
20:3 n-6.....g	0.000		2	A	1		0.000		
20:4 undifferentiated.....g	0.010		2	A	1		0.015		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.014		2	A	1		0.021		
21:5.....g									
22:4.....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g	0.027		0	NC	4		0.040		
Fatty acids, total trans-monoenoic.....g	0.015		0	NC	4		0.023		

NDB No. 12136

Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend

---

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.012		0	NC	4			0.018	
Cholesterol.....mg									
Phytosterols.....mg									

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 147g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 12635

Nuts, mixed nuts, dry roasted, with peanuts, with salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	6.500		0	LC	8	8.905	1.843
4:0.....g	0.000		0		1	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000
8:0.....g	0.045		0		1	0.061	0.013
10:0.....g	0.045		0		1	0.061	0.013
12:0.....g	0.269		0		1	0.369	0.076
13:0.....g							
14:0.....g	0.215		0		1	0.294	0.061
15:0.....g							
16:0.....g	4.188		0		1	5.737	1.187
17:0.....g							
18:0.....g	1.739		0		1	2.382	0.493
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	31.395		0		1	43.011	8.900
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.223		0		1	0.306	0.063
17:1.....g							
18:1 undifferentiated.....g	30.802		0		1	42.199	8.732
20:1.....g	0.259		0		1	0.355	0.073
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	10.768		0		1	14.752	3.053
18:2 undifferentiated.....g	10.535		0		1	14.433	2.987
18:3 undifferentiated.....g	0.190		0		1	0.260	0.054
18:4.....g	0.000		0		1	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.264		0		1	0.362	0.075
Threonine.....g	0.597		0		1	0.818	0.169
Isoleucine.....g	0.744		0		1	1.019	0.211
Leucine.....g	1.371		0		1	1.878	0.389
Lysine.....g	0.712		0		1	0.975	0.202
Methionine.....g	0.228		0		1	0.312	0.065
Cystine.....g	0.287		0		1	0.393	0.081
Phenylalanine.....g	0.953		0		1	1.306	0.270
Tyrosine.....g	0.676		0		1	0.926	0.192
Valine.....g	0.934		0		1	1.280	0.265
Arginine.....g	2.242		0		1	3.072	0.636
Histidine.....g	0.480		0		1	0.658	0.136
Alanine.....g	0.806		0		1	1.104	0.229
Aspartic acid.....g	2.056		0		1	2.817	0.583
Glutamic acid.....g	4.423		0		1	6.060	1.254
Glycine.....g	1.064		0		1	1.458	0.302
Proline.....g	0.875		0		1	1.199	0.248
Serine.....g	0.917		0		1	1.256	0.260
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0

NDB No. 12635

Nuts, mixed nuts, dry roasted, with peanuts, with salt added

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Theobromine.....mg	0		0	Z	7	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 137g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12135

Nuts, mixed nuts, dry roasted, with peanuts, without salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.13		1	A	1		2.79	0.60	
Energy.....kcal	607		0	NC	4		795	172	
Energy.....kJ	2538		0	NC	4		3325	720	
Protein (N x 5.3).....g	19.50		1	A	1		25.54	5.53	
Total lipid (fat).....g	53.50		1	A	1		70.09	15.17	
Ash.....g	2.45		1	A	1		3.21	0.69	
Carbohydrate, by difference.....g	22.42		0	NC	4		29.37	6.36	
Fiber, total dietary.....g	6.4		1	A	1		8.4	1.8	
Sugars, total.....g	5.00		1	A	1		6.55	1.42	
Sucrose.....g	5.00		1	A	1		6.55	1.42	
Glucose (dextrose).....g	0.00		1	A	1		0.00	0.00	
Fructose.....g	0.00		1	A	1		0.00	0.00	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g	0.00		1	A	1		0.00	0.00	
Starch.....g	7.20		1	A	1		9.43	2.04	
<b>Minerals:</b>									
Calcium, Ca.....mg	87		1	A	1		114	25	
Iron, Fe.....mg	3.73		1	A	1		4.89	1.06	
Magnesium, Mg.....mg	227		1	A	1		297	64	
Phosphorus, P.....mg	438		1	A	1		574	124	
Potassium, K.....mg	643		1	A	1		842	182	
Sodium, Na.....mg	4		1	A	1		5	1	
Zinc, Zn.....mg	4.06		1	A	1		5.32	1.15	
Copper, Cu.....mg	1.520		1	A	1		1.991	0.431	
Manganese, Mn.....mg	2.610		1	A	1		3.419	0.740	
Selenium, Se.....µg	9.3		1	A	1		12.2	2.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		0	RA	4		1.1	0.2	
Thiamin.....mg	0.300		1	A	1		0.393	0.085	
Riboflavin.....mg	0.400		1	A	1		0.524	0.113	
Niacin.....mg	6.220		1	A	1		8.148	1.763	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.360		1	A	1		0.472	0.102	
Folate, total.....µg	60		1	A	1		78	17	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	60		1	A	1		78	17	
Folate, DFE.....µg	60		0	NC	4		78	17	
Choline, total.....mg	59.2		0	RA	4		77.6	16.8	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	RA	4		0	0	
Carotene, beta.....µg	2		0	RA	4		3	1	
Carotene, alpha.....µg	0		0	RA	4		1	0	
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	
Vitamin A, IU.....IU	4		0	NC	4		5	1	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	19		0	RA	4		25	5	
Vitamin E (alpha-tocopherol).....mg	6.13		1	A	1		8.03	1.74	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.27		1	A	1		0.36	0.08	
Tocopherol, gamma.....mg	4.97		1	A	1		6.51	1.41	
Tocopherol, delta.....mg	0.38		1	A	1		0.50	0.11	
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	



NDB No. 12135

Nuts, mixed nuts, dry roasted, with peanuts, without salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	12.0		0	RA	4		15.7	3.4	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.010		0	NC	4		10.493	2.271	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.016		1	A	1		0.021	0.005	
15:0.....g	0.006		1	A	1		0.008	0.002	
16:0.....g	4.303		1	A	1		5.637	1.220	
17:0.....g	0.046		1	A	1		0.060	0.013	
18:0.....g	2.341		1	A	1		3.067	0.664	
20:0.....g	0.400		1	A	1		0.524	0.113	
22:0.....g	0.572		1	A	1		0.749	0.162	
24:0.....g	0.326		1	A	1		0.427	0.092	
Fatty acids, total monounsaturated.....g	34.532		0	NC	4		45.237	9.790	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.108		0	AS	1		0.141	0.031	
16:1 c.....g	0.108		1	A	1		0.141	0.031	
16:1 t.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.034		1	A	1		0.045	0.010	
18:1 undifferentiated.....g	34.079		0	AS	1		44.643	9.661	
18:1 c.....g	34.058		1	A	1		44.616	9.655	
18:1 t.....g	0.021		1	A	1		0.027	0.006	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.295		1	A	1		0.386	0.084	
22:1 undifferentiated.....g	0.016		0	AS	1		0.021	0.005	
22:1 c.....g	0.016		1	A	1		0.021	0.005	
22:1 t.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	9.858		0	NC	4		12.914	2.795	
18:2 undifferentiated.....g	9.752		0	AS	1		12.775	2.765	
18:2 n-6 c,c.....g	9.740		1	A	1		12.759	2.761	
18:2 CLAs.....g	0.000		1	A	1		0.000	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.012		1	A	1		0.016	0.003	
18:3 undifferentiated.....g	0.082		0	AS	1		0.107	0.023	
18:3 n-3 c,c,c (ALA).....g	0.082		1	A	1		0.107	0.023	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g	0.000		1	A	1		0.000	0.000	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.004		1	A	1		0.005	0.001	
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		1	A	1		0.000	0.000	
20:3 n-6.....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.011		1	A	1		0.014	0.003	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.009		1	A	1		0.012	0.003	
21:5.....g									
22:4.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	

NDB No. 12135

Nuts, mixed nuts, dry roasted, with peanuts, without salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.033		0	NC	4		0.043	0.009	
Fatty acids, total trans-monoenoic.....g	0.021		0	NC	4		0.027	0.006	
Fatty acids, total trans-polyenoic.....g	0.012		0	NC	4		0.016	0.003	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.222		0	RA	4		0.291	0.063	
Threonine.....g	0.673		0	RA	4		0.881	0.191	
Isoleucine.....g	0.746		0	RA	4		0.978	0.212	
Leucine.....g	1.374		0	RA	4		1.800	0.390	
Lysine.....g	0.742		0	RA	4		0.972	0.210	
Methionine.....g	0.260		0	RA	4		0.340	0.074	
Cystine.....g	0.281		0	RA	4		0.369	0.080	
Phenylalanine.....g	1.000		0	RA	4		1.310	0.283	
Tyrosine.....g	0.676		0	RA	4		0.886	0.192	
Valine.....g	0.941		0	RA	4		1.233	0.267	
Arginine.....g	2.359		0	RA	4		3.090	0.669	
Histidine.....g	0.505		0	RA	4		0.662	0.143	
Alanine.....g	0.839		0	RA	4		1.099	0.238	
Aspartic acid.....g	2.261		0	RA	4		2.962	0.641	
Glutamic acid.....g	4.474		0	RA	4		5.860	1.268	
Glycine.....g	1.134		0	RA	4		1.486	0.321	
Proline.....g	0.856		0	RA	4		1.122	0.243	
Serine.....g	0.976		0	RA	4		1.278	0.277	
Hydroxyproline.....g	0.110		1	A	1		0.144	0.031	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 131g: 1 cup  
 Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.47      Fat 8.37      Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12737

Nuts, mixed nuts, oil roasted, with peanuts, lightly salted (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.08	0.033	10	A	1		0.59		
Energy.....kcal	607		0	NC	4		172		
Energy.....kJ	2539		0	NC	4		720		
Protein (N x 5.3).....g	20.04	0.305	10	A	1		5.68		
Total lipid (fat).....g	53.95	0.464	10	A	1		15.29		
Ash.....g	2.88	0.049	10	A	1		0.82		
Carbohydrate, by difference.....g	21.05		0	NC	4		5.97		
Fiber, total dietary.....g	7.0	0.129	10	A	1		2.0		
Sugars, total.....g	4.15	0.084	10	A	1		1.18		
Sucrose.....g	4.15	0.084	10	A	1		1.18		
Glucose (dextrose).....g	0.00	0.000	10	A	1		0.00		
Fructose.....g	0.00	0.000	10	A	1		0.00		
Lactose.....g	0.00	0.000	10	A	1		0.00		
Maltose.....g	0.00	0.000	10	A	1		0.00		
Galactose.....g	0.00	0.000	10	A	1		0.00		
Starch.....g	4.20	0.293	5	A	1		1.19		
<b>Minerals:</b>									
Calcium, Ca.....mg	117	2.691	10	A	1		33		
Iron, Fe.....mg	2.61	0.033	10	A	1		0.74		
Magnesium, Mg.....mg	229	2.344	10	A	1		65		
Phosphorus, P.....mg	456	3.665	10	A	1		129		
Potassium, K.....mg	632	7.269	10	A	1		179		
Sodium, Na.....mg	161		0	LC	8		46		
Zinc, Zn.....mg	3.36	0.044	10	A	1		0.95		
Copper, Cu.....mg	0.907	0.027	10	A	1		0.257		
Manganese, Mn.....mg	2.040	0.040	10	A	1		0.578		
Selenium, Se.....µg	33.9	5.386	10	A	1		9.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		0		1		0.1		
Thiamin.....mg	0.189	0.010	10	A	1		0.054		
Riboflavin.....mg	0.196	0.014	10	A	1		0.056		
Niacin.....mg	7.709	0.297	10	A	1		2.185		
Pantothenic acid.....mg	1.140	0.051	5	A	1		0.323		
Vitamin B-6.....mg	0.352	0.008	10	A	1		0.100		
Folate, total.....µg	83		0		1		24		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	83		0		1		24		
Folate, DFE.....µg	83		0	NC	4		24		
Choline, total.....mg	52.0		0	RA	4		14.8		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	RA	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	2		0	RA	4		0		
Carotene, alpha.....µg	0		0	RA	4		0		
Cryptoxanthin, beta.....µg	0		0	RA	4		0		
Vitamin A, IU.....IU	3		0	RA	4		1		
Lycopene.....µg	0		0	RA	4		0		
Lutein + zeaxanthin.....µg	8		0	RA	4		2		
Vitamin E (alpha-tocopherol).....mg	7.82	0.433	5	A	1		2.22		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.22	0.038	5	A	1		0.06		
Tocopherol, gamma.....mg	6.39	0.579	5	A	1		1.81		
Tocopherol, delta.....mg	0.32	0.052	5	A	1		0.09		
Tocotrienol, alpha.....mg	0.04	0.003	5	A	1		0.01		
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00		

NDB No. 12737

Nuts, mixed nuts, oil roasted, with peanuts, lightly salted (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.03	0.005	5	A	1		0.01		
Tocotrienol, delta.....mg	0.00	0.000	5	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....µg	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	5.7	0.893	10	A	1		1.6		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.711		0	NC	4		2.469		
4:0.....g	0.004	0.000	10	A	1		0.001		
6:0.....g	0.000	0.000	10	A	1		0.000		
8:0.....g	0.003	0.000	10	A	1		0.001		
10:0.....g	0.002	0.000	10	A	1		0.000		
12:0.....g	0.002	0.000	10	A	1		0.000		
13:0.....g									
14:0.....g	0.043	0.003	10	A	1		0.012		
15:0.....g	0.005	0.001	10	A	1		0.001		
16:0.....g	5.205	0.185	10	A	1		1.476		
17:0.....g	0.046	0.001	10	A	1		0.013		
18:0.....g	2.022	0.094	10	A	1		0.573		
20:0.....g	0.361	0.008	10	A	1		0.102		
22:0.....g	0.641	0.014	10	A	1		0.182		
24:0.....g	0.378	0.008	10	A	1		0.107		
Fatty acids, total monounsaturated.....g	28.488		0	NC	4		8.076		
14:1.....g	0.001	0.000	10	A	1		0.000		
15:1.....g	0.000	0.000	10	A	1		0.000		
16:1 undifferentiated.....g	0.128	0.003	10	AS	1		0.036		
16:1 c.....g	0.127	0.003	10	A	1		0.036		
16:1 t.....g	0.001	0.000	10	A	1		0.000		
17:1.....g	0.037	0.001	10	A	1		0.010		
18:1 undifferentiated.....g	27.914	0.671	10	AS	1		7.914		
18:1 c.....g	27.893	0.670	10	A	1		7.908		
18:1 t.....g	0.021	0.001	10	A	1		0.006		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.375	0.010	10	A	1		0.106		
22:1 undifferentiated.....g	0.027	0.001	10	AS	1		0.008		
22:1 c.....g	0.027	0.001	10	A	1		0.008		
22:1 t.....g	0.000	0.000	10	A	1		0.000		
24:1 c.....g	0.006	0.001	10	A	1		0.002		
Fatty acids, total polyunsaturated.....g	14.612		0	NC	4		4.143		
18:2 undifferentiated.....g	14.495	0.566	10	AS	1		4.109		
18:2 n-6 c,c.....g	14.455	0.565	10	A	1		4.098		
18:2 CLAs.....g	0.008	0.001	10	A	1		0.002		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.032	0.002	10	A	1		0.009		
18:3 undifferentiated.....g	0.082	0.006	10	AS	1		0.023		
18:3 n-3 c,c,c (ALA).....g	0.082	0.006	10	A	1		0.023		
18:3 n-6 c,c,c.....g	0.000	0.000	10	A	1		0.000		
18:3i.....g									
18:4.....g	0.001	0.000	10	A	1		0.000		
20:2 n-6 c,c.....g	0.013	0.002	10	A	1		0.004		
20:3 undifferentiated.....g	0.000	0.000	10	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	10	A	1		0.000		
20:3 n-6.....g	0.000	0.000	10	A	1		0.000		
20:4 undifferentiated.....g	0.010	0.001	10	A	1		0.003		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.005	0.001	10	A	1		0.002		
21:5.....g									
22:4.....g	0.005	0.000	10	A	1		0.001		
22:5 n-3 (DPA).....g	0.000	0.000	10	A	1		0.000		

NDB No. 12737

Nuts, mixed nuts, oil roasted, with peanuts, lightly salted (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	10	A	1		0.000		
Fatty acids, total trans.....g	0.055		0	NC	4		0.015		
Fatty acids, total trans-monoenoic.....g	0.023		0	NC	4		0.006		
Fatty acids, total trans-polyenoic.....g	0.032		0	NC	4		0.009		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.220		0	A	1		0.062		
Threonine.....g	0.703		0	A	1		0.199		
Isoleucine.....g	0.826		0	A	1		0.234		
Leucine.....g	1.656		0	A	1		0.469		
Lysine.....g	0.782		0	A	1		0.222		
Methionine.....g	0.283		0	A	1		0.080		
Cystine.....g	0.288		0	A	1		0.082		
Phenylalanine.....g	1.182		0	A	1		0.335		
Tyrosine.....g	0.786		0	A	1		0.223		
Valine.....g	1.001		0	A	1		0.284		
Arginine.....g	2.965		0	A	1		0.841		
Histidine.....g	0.572		0	A	1		0.162		
Alanine.....g	0.982		0	A	1		0.278		
Aspartic acid.....g	2.892		0	A	1		0.820		
Glutamic acid.....g	5.574		0	A	1		1.580		
Glycine.....g	1.387		0	A	1		0.393		
Proline.....g	0.957		0	A	1		0.271		
Serine.....g	1.168		0	A	1		0.331		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Footnotes:**

1 Includes peanuts, almonds, cashews, brazil nuts, hazelnuts (filberts), pecans, and pistachios

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12637

Nuts, mixed nuts, oil roasted, with peanuts, with salt added (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.08	0.033	10	A	1		2.79	0.59	0.29
Energy.....kcal	607		0	NC	4		813	172	85
Energy.....kJ	2539		0	NC	4		3402	720	355
Protein (N x 5.3).....g	20.04	0.305	10	A	1		26.85	5.68	2.81
Total lipid (fat).....g	53.95	0.464	10	A	1		72.29	15.29	7.55
Ash.....g	2.88	0.049	10	A	1		3.86	0.82	0.40
Carbohydrate, by difference.....g	21.05		0	NC	4		28.21	5.97	2.95
Fiber, total dietary.....g	7.0	0.129	10	A	1		9.3	2.0	1.0
Sugars, total.....g	4.15	0.084	10	A	1		5.56	1.18	0.58
Sucrose.....g	4.15	0.084	10	A	1		5.56	1.18	0.58
Glucose (dextrose).....g	0.00	0.000	10	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	10	A	1		0.00	0.00	0.00
Lactose.....g	0.00	0.000	10	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	10	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	10	A	1		0.00	0.00	0.00
Starch.....g	4.20	0.293	5	A	1		5.63	1.19	0.59
<b>Minerals:</b>									
Calcium, Ca.....mg	117	2.691	10	A	1		157	33	16
Iron, Fe.....mg	2.61	0.033	10	A	1		3.49	0.74	0.37
Magnesium, Mg.....mg	229	2.344	10	A	1		307	65	32
Phosphorus, P.....mg	456	3.665	10	A	1		611	129	64
Potassium, K.....mg	632	7.269	10	A	1		846	179	88
Sodium, Na.....mg	273	10.886	10	A	1		366	77	38
Zinc, Zn.....mg	3.36	0.044	10	A	1		4.51	0.95	0.47
Copper, Cu.....mg	0.907	0.027	10	A	1		1.216	0.257	0.127
Manganese, Mn.....mg	2.040	0.040	10	A	1		2.734	0.578	0.286
Selenium, Se.....µg	33.9	5.386	10	A	1		45.4	9.6	4.7
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		0		1		0.7	0.1	0.1
Thiamin.....mg	0.189	0.010	10	A	1		0.253	0.054	0.026
Riboflavin.....mg	0.196	0.014	10	A	1		0.263	0.056	0.027
Niacin.....mg	7.709	0.297	10	A	1		10.330	2.185	1.079
Pantothenic acid.....mg	1.140	0.051	5	A	1		1.528	0.323	0.160
Vitamin B-6.....mg	0.352	0.008	10	A	1		0.471	0.100	0.049
Folate, total.....µg	83		0		1		111	24	12
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	83		0		1		111	24	12
Folate, DFE.....µg	83		0	NC	4		111	24	12
Choline, total.....mg	52.0		0	RA	4		69.7	14.8	7.3
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	RA	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	2		0	RA	4		2	0	0
Carotene, alpha.....µg	0		0	RA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	0
Vitamin A, IU.....IU	3		0	RA	4		4	1	0
Lycopene.....µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin.....µg	8		0	RA	4		10	2	1
Vitamin E (alpha-tocopherol).....mg	7.82	0.433	5	A	1		10.48	2.22	1.10
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.22	0.038	5	A	1		0.29	0.06	0.03
Tocopherol, gamma.....mg	6.39	0.579	5	A	1		8.56	1.81	0.89
Tocopherol, delta.....mg	0.32	0.052	5	A	1		0.43	0.09	0.05
Tocotrienol, alpha.....mg	0.04	0.003	5	A	1		0.05	0.01	0.01
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.03	0.005	5	A	1	0.04	0.01	0.00	
Tocotrienol, delta.....mg	0.00	0.000	5	A	1	0.00	0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7	0	0	0	
Vitamin K (phylloquinone).....µg	5.7	0.893	10	A	1	7.6	1.6	0.8	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.711		0	NC	4	11.672	2.469	1.219	
4:0.....g	0.004	0.000	10	A	1	0.005	0.001	0.001	
6:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
8:0.....g	0.003	0.000	10	A	1	0.004	0.001	0.000	
10:0.....g	0.002	0.000	10	A	1	0.002	0.000	0.000	
12:0.....g	0.002	0.000	10	A	1	0.002	0.000	0.000	
13:0.....g									
14:0.....g	0.043	0.003	10	A	1	0.057	0.012	0.006	
15:0.....g	0.005	0.001	10	A	1	0.007	0.001	0.001	
16:0.....g	5.205	0.185	10	A	1	6.974	1.476	0.729	
17:0.....g	0.046	0.001	10	A	1	0.062	0.013	0.006	
18:0.....g	2.022	0.094	10	A	1	2.710	0.573	0.283	
20:0.....g	0.361	0.008	10	A	1	0.484	0.102	0.051	
22:0.....g	0.641	0.014	10	A	1	0.859	0.182	0.090	
24:0.....g	0.378	0.008	10	A	1	0.506	0.107	0.053	
Fatty acids, total monounsaturated.....g	28.488		0	NC	4	38.174	8.076	3.988	
14:1.....g	0.001	0.000	10	A	1	0.001	0.000	0.000	
15:1.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.128	0.003	10	AS	1	0.172	0.036	0.018	
16:1 c.....g	0.127	0.003	10	A	1	0.170	0.036	0.018	
16:1 t.....g	0.001	0.000	10	A	1	0.001	0.000	0.000	
17:1.....g	0.037	0.001	10	A	1	0.049	0.010	0.005	
18:1 undifferentiated.....g	27.914	0.671	10	AS	1	37.405	7.914	3.908	
18:1 c.....g	27.893	0.670	10	A	1	37.377	7.908	3.905	
18:1 t.....g	0.021	0.001	10	A	1	0.029	0.006	0.003	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.375	0.010	10	A	1	0.503	0.106	0.053	
22:1 undifferentiated.....g	0.027	0.001	10	AS	1	0.036	0.008	0.004	
22:1 c.....g	0.027	0.001	10	A	1	0.036	0.008	0.004	
22:1 t.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
24:1 c.....g	0.006	0.001	10	A	1	0.008	0.002	0.001	
Fatty acids, total polyunsaturated.....g	14.612		0	NC	4	19.581	4.143	2.046	
18:2 undifferentiated.....g	14.495	0.566	10	AS	1	19.423	4.109	2.029	
18:2 n-6 c,c.....g	14.455	0.565	10	A	1	19.369	4.098	2.024	
18:2 CLAs.....g	0.008	0.001	10	A	1	0.011	0.002	0.001	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.032	0.002	10	A	1	0.043	0.009	0.004	
18:3 undifferentiated.....g	0.082	0.006	10	AS	1	0.111	0.023	0.012	
18:3 n-3 c,c,c (ALA).....g	0.082	0.006	10	A	1	0.111	0.023	0.012	
18:3 n-6 c,c,c.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
18:3i.....g									
18:4.....g	0.001	0.000	10	A	1	0.001	0.000	0.000	
20:2 n-6 c,c.....g	0.013	0.002	10	A	1	0.018	0.004	0.002	
20:3 undifferentiated.....g	0.000	0.000	10	AS	1	0.000	0.000	0.000	
20:3 n-3.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
20:3 n-6.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.010	0.001	10	A	1	0.013	0.003	0.001	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.005	0.001	10	A	1	0.007	0.002	0.001	
21:5.....g									
22:4.....g	0.005	0.000	10	A	1	0.007	0.001	0.001	
22:5 n-3 (DPA).....g	0.000	0.000	10	A	1	0.000	0.000	0.000	

NDB No. 12637

Nuts, mixed nuts, oil roasted, with peanuts, with salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	10	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.055		0	NC	4		0.073	0.015	0.008
Fatty acids, total trans-monoenoic.....g	0.023		0	NC	4		0.031	0.006	0.003
Fatty acids, total trans-polyenoic.....g	0.032		0	NC	4		0.043	0.009	0.004
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.220		0	A	1		0.295	0.062	0.031
Threonine.....g	0.703		0	A	1		0.943	0.199	0.098
Isoleucine.....g	0.826		0	A	1		1.106	0.234	0.116
Leucine.....g	1.656		0	A	1		2.219	0.469	0.232
Lysine.....g	0.782		0	A	1		1.047	0.222	0.109
Methionine.....g	0.283		0	A	1		0.380	0.080	0.040
Cystine.....g	0.288		0	A	1		0.386	0.082	0.040
Phenylalanine.....g	1.182		0	A	1		1.584	0.335	0.166
Tyrosine.....g	0.786		0	A	1		1.054	0.223	0.110
Valine.....g	1.001		0	A	1		1.342	0.284	0.140
Arginine.....g	2.965		0	A	1		3.973	0.841	0.415
Histidine.....g	0.572		0	A	1		0.766	0.162	0.080
Alanine.....g	0.982		0	A	1		1.316	0.278	0.137
Aspartic acid.....g	2.892		0	A	1		3.875	0.820	0.405
Glutamic acid.....g	5.574		0	A	1		7.469	1.580	0.780
Glycine.....g	1.387		0	A	1		1.859	0.393	0.194
Proline.....g	0.957		0	A	1		1.283	0.271	0.134
Serine.....g	1.168		0	A	1		1.564	0.331	0.163
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

- Measure 1 = 134g: 1 cup
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 14.0g: 10 nuts, assorted

**Footnotes:**

1 Includes peanuts, almonds, cashews, brazil nuts, hazelnuts, and pecans.

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 12137

Nuts, mixed nuts, oil roasted, with peanuts, without salt added (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.08	0.033	10	A	1		2.79	0.59	
Energy.....kcal	607		0	NC	4		813	172	
Energy.....kJ	2539		0	NC	4		3402	720	
Protein (N x 5.3).....g	20.04	0.305	10	A	1		26.85	5.68	
Total lipid (fat).....g	53.95	0.464	10	A	1		72.29	15.29	
Ash.....g	2.88	0.049	10	A	1		3.86	0.82	
Carbohydrate, by difference.....g	21.05		0	NC	4		28.21	5.97	
Fiber, total dietary.....g	7.0	0.129	10	A	1		9.3	2.0	
Sugars, total.....g	4.15	0.084	10	A	1		5.56	1.18	
Sucrose.....g	4.15	0.084	10	A	1		5.56	1.18	
Glucose (dextrose).....g	0.00	0.000	10	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	10	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	10	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	10	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	10	A	1		0.00	0.00	
Starch.....g	4.20	0.293	5	A	1		5.63	1.19	
<b>Minerals:</b>									
Calcium, Ca.....mg	117	2.691	10	A	1		157	33	
Iron, Fe.....mg	2.61	0.033	10	A	1		3.49	0.74	
Magnesium, Mg.....mg	229	2.344	10	A	1		307	65	
Phosphorus, P.....mg	456	3.665	10	A	1		611	129	
Potassium, K.....mg	632	7.269	10	A	1		846	179	
Sodium, Na.....mg	5		0	RA	4		7	1	
Zinc, Zn.....mg	3.36	0.044	10	A	1		4.51	0.95	
Copper, Cu.....mg	0.907	0.027	10	A	1		1.216	0.257	
Manganese, Mn.....mg	2.040	0.040	10	A	1		2.734	0.578	
Selenium, Se.....µg	33.9	5.386	10	A	1		45.4	9.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		0		1		0.7	0.1	
Thiamin.....mg	0.189	0.010	10	A	1		0.253	0.054	
Riboflavin.....mg	0.196	0.014	10	A	1		0.263	0.056	
Niacin.....mg	7.709	0.297	10	A	1		10.330	2.185	
Pantothenic acid.....mg	1.140	0.051	5	A	1		1.528	0.323	
Vitamin B-6.....mg	0.352	0.008	10	A	1		0.471	0.100	
Folate, total.....µg	83		0		1		111	24	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	83		0		1		111	24	
Folate, DFE.....µg	83		0	NC	4		111	24	
Choline, total.....mg	52.0		0	RA	4		69.7	14.8	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	RA	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	2		0	RA	4		2	0	
Carotene, alpha.....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	
Vitamin A, IU.....IU	3		0	RA	4		4	1	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	8		0	RA	4		10	2	
Vitamin E (alpha-tocopherol).....mg	7.82	0.433	5	A	1		10.48	2.22	
Tocopherol, beta.....mg	0.22	0.038	5	A	1		0.29	0.06	
Tocopherol, gamma.....mg	6.39	0.579	5	A	1		8.56	1.81	
Tocopherol, delta.....mg	0.32	0.052	5	A	1		0.43	0.09	
Tocotrienol, alpha.....mg	0.04	0.003	5	A	1		0.05	0.01	
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.03	0.005	5	A	1		0.04	0.01	
Tocotrienol, delta.....mg	0.00	0.000	5	A	1		0.00	0.00	

Nuts, mixed nuts, oil roasted, with peanuts, without salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	5.7	0.893	10	A	1		7.6	1.6	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.711		0	NC	4		11.672	2.469	
4:0.....g	0.004	0.000	10	A	1		0.005	0.001	
6:0.....g	0.000	0.000	10	A	1		0.000	0.000	
8:0.....g	0.003	0.000	10	A	1		0.004	0.001	
10:0.....g	0.002	0.000	10	A	1		0.002	0.000	
12:0.....g	0.002	0.000	10	A	1		0.002	0.000	
13:0.....g									
14:0.....g	0.043	0.003	10	A	1		0.057	0.012	
15:0.....g	0.005	0.001	10	A	1		0.007	0.001	
16:0.....g	5.205	0.185	10	A	1		6.974	1.476	
17:0.....g	0.046	0.001	10	A	1		0.062	0.013	
18:0.....g	2.022	0.094	10	A	1		2.710	0.573	
20:0.....g	0.361	0.008	10	A	1		0.484	0.102	
22:0.....g	0.641	0.014	10	A	1		0.859	0.182	
24:0.....g	0.378	0.008	10	A	1		0.506	0.107	
Fatty acids, total monounsaturated.....g	28.488		0	NC	4		38.174	8.076	
14:1.....g	0.001	0.000	10	A	1		0.001	0.000	
15:1.....g	0.000	0.000	10	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.128	0.003	10	AS	1		0.172	0.036	
16:1 c.....g	0.127	0.003	10	A	1		0.170	0.036	
16:1 t.....g	0.001	0.000	10	A	1		0.001	0.000	
17:1.....g	0.037	0.001	10	A	1		0.049	0.010	
18:1 undifferentiated.....g	27.914	0.671	10	AS	1		37.405	7.914	
18:1 c.....g	27.893	0.670	10	A	1		37.377	7.908	
18:1 t.....g	0.021	0.001	10	A	1		0.029	0.006	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.375	0.010	10	A	1		0.503	0.106	
22:1 undifferentiated.....g	0.027	0.001	10	AS	1		0.036	0.008	
22:1 c.....g	0.027	0.001	10	A	1		0.036	0.008	
22:1 t.....g	0.000	0.000	10	A	1		0.000	0.000	
24:1 c.....g	0.006	0.001	10	A	1		0.008	0.002	
Fatty acids, total polyunsaturated.....g	14.612		0	NC	4		19.581	4.143	
18:2 undifferentiated.....g	14.495	0.566	10	AS	1		19.423	4.109	
18:2 n-6 c,c.....g	14.455	0.565	10	A	1		19.369	4.098	
18:2 CLAs.....g	0.008	0.001	10	A	1		0.011	0.002	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.032	0.002	10	A	1		0.043	0.009	
18:3 undifferentiated.....g	0.082	0.006	10	AS	1		0.111	0.023	
18:3 n-3 c,c,c (ALA).....g	0.082	0.006	10	A	1		0.111	0.023	
18:3 n-6 c,c,c.....g	0.000	0.000	10	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.001	0.000	10	A	1		0.001	0.000	
20:2 n-6 c,c.....g	0.013	0.002	10	A	1		0.018	0.004	
20:3 undifferentiated.....g	0.000	0.000	10	AS	1		0.000	0.000	
20:3 n-3.....g	0.000	0.000	10	A	1		0.000	0.000	
20:3 n-6.....g	0.000	0.000	10	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.010	0.001	10	A	1		0.013	0.003	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.005	0.001	10	A	1		0.007	0.002	
21:5.....g									
22:4.....g	0.005	0.000	10	A	1		0.007	0.001	
22:5 n-3 (DPA).....g	0.000	0.000	10	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	10	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.055		0	NC	4		0.073	0.015	

NDB No. 12137

Nuts, mixed nuts, oil roasted, with peanuts, without salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.023		0	NC	4		0.031	0.006	
Fatty acids, total trans-polyenoic.....g	0.032		0	NC	4		0.043	0.009	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.220		0	A	1		0.295	0.062	
Threonine.....g	0.703		0	A	1		0.943	0.199	
Isoleucine.....g	0.826		0	A	1		1.106	0.234	
Leucine.....g	1.656		0	A	1		2.219	0.469	
Lysine.....g	0.782		0	A	1		1.047	0.222	
Methionine.....g	0.283		0	A	1		0.380	0.080	
Cystine.....g	0.288		0	A	1		0.386	0.082	
Phenylalanine.....g	1.182		0	A	1		1.584	0.335	
Tyrosine.....g	0.786		0	A	1		1.054	0.223	
Valine.....g	1.001		0	A	1		1.342	0.284	
Arginine.....g	2.965		0	A	1		3.973	0.841	
Histidine.....g	0.572		0	A	1		0.766	0.162	
Alanine.....g	0.982		0	A	1		1.316	0.278	
Aspartic acid.....g	2.892		0	A	1		3.875	0.820	
Glutamic acid.....g	5.574		0	A	1		7.469	1.580	
Glycine.....g	1.387		0	A	1		1.859	0.393	
Proline.....g	0.957		0	A	1		1.283	0.271	
Serine.....g	1.168		0	A	1		1.564	0.331	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 134g: 1 cup

Measure 2 = 28.35g: 1 oz

**Footnotes:**

1 Includes peanuts, almonds, cashews, brazil nuts, hazelnuts, and pecans.

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12738

Nuts, mixed nuts, oil roasted, without peanuts, lightly salted (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.15		0	BFZN	4		0.89		
Energy.....kcal	607		0	LC	8		172		
Energy.....kJ	2540		0	LC	8		720		
Protein.....g	17.86		0	LC	8		5.06		
Total lipid (fat).....g	50.00		0	LC	8		14.18		
Ash.....g	3.18		0	LC	8		0.90		
Carbohydrate, by difference.....g	25.00		0	LC	8		7.09		
Fiber, total dietary.....g	7.1		0	LC	8		2.0		
Sugars, total.....g	5.21		0	NC	4		1.48		
Sucrose.....g	5.00		0	LC	8		1.42		
Glucose (dextrose).....g	0.11		0	LC	8		0.03		
Fructose.....g	0.04		0	LC	8		0.01		
Lactose.....g	0.00		0	LC	8		0.00		
Maltose.....g	0.07		0	LC	8		0.02		
Galactose.....g	0.00		0	Z	7		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	130		0	LC	8		37		
Iron, Fe.....mg	5.18		0	LC	8		1.47		
Magnesium, Mg.....mg	275		0	LC	8		78		
Phosphorus, P.....mg	433		0	LC	8		123		
Potassium, K.....mg	714		0	LC	8		203		
Sodium, Na.....mg	143		0	LC	8		41		
Zinc, Zn.....mg	4.57		0	LC	8		1.30		
Copper, Cu.....mg	1.679		0	LC	8		0.476		
Manganese, Mn.....mg	2.143		0	LC	8		0.607		
Selenium, Se.....µg	139.1		0	LC	8		39.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6		0	LC	8		0.2		
Thiamin.....mg	0.357		0	LC	8		0.101		
Riboflavin.....mg	0.321		0	LC	8		0.091		
Niacin.....mg	2.000		0	LC	8		0.567		
Pantothenic acid.....mg	0.607		0	LC	8		0.172		
Vitamin B-6.....mg	0.357		0	LC	8		0.101		
Folate, total.....µg	104		0	LC	8		30		
Folic acid.....µg									
Folate, food.....µg	104		0	LC	8		30		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	LC	8		0.00		
Vitamin A, RAE.....µg	1		0	NC	4		0		
Retinol.....µg									
Carotene, beta.....µg	13		0	LC	8		4		
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	27		0	LC	8		8		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	7.68		0	LC	8		2.18		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		

NDB No. 12738

Nuts, mixed nuts, oil roasted, without peanuts, lightly salted (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Vitamin D.....IU	0		0	LC	8		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.143		0	LC	8		2.025		
4:0.....g	0.000		0	LC	8		0.000		
6:0.....g	0.000		0	LC	8		0.000		
8:0.....g	0.000		0	LC	8		0.000		
10:0.....g	0.000		0	LC	8		0.000		
12:0.....g	0.000		0	LC	8		0.000		
13:0.....g									
14:0.....g	0.000		0	LC	8		0.000		
15:0.....g	0.000		0	LC	8		0.000		
16:0.....g	3.857		0	LC	8		1.094		
17:0.....g	0.000		0	LC	8		0.000		
18:0.....g	2.214		0	LC	8		0.628		
20:0.....g	0.143		0	LC	8		0.041		
22:0.....g	0.071		0	LC	8		0.020		
24:0.....g	0.036		0	LC	8		0.010		
Fatty acids, total monounsaturated.....g	28.571		0	LC	8		8.100		
14:1.....g	0.000		0	LC	8		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		0	LC	8		0.000		
17:1.....g	0.000		0	LC	8		0.000		
18:1 undifferentiated.....g	26.679		0	LC	8		7.563		
20:1.....g	0.000		0	LC	8		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.500		0	LC	8		3.544		
18:2 undifferentiated.....g	10.750		0	LC	8		3.048		
18:3 undifferentiated.....g	0.000		0	LC	8		0.000		
18:4.....g	0.000		0	LC	8		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.250		0	LC	8		0.071		
Threonine.....g	0.643		0	LC	8		0.182		
Isoleucine.....g	0.714		0	LC	8		0.202		
Leucine.....g	1.429		0	LC	8		0.405		
Lysine.....g	0.786		0	LC	8		0.223		
Methionine.....g	0.321		0	LC	8		0.091		
Cystine.....g	0.357		0	LC	8		0.101		
Phenylalanine.....g	1.000		0	LC	8		0.284		
Tyrosine.....g	0.500		0	LC	8		0.142		
Valine.....g	0.964		0	LC	8		0.273		
Arginine.....g	2.214		0	LC	8		0.628		
Histidine.....g	0.500		0	LC	8		0.142		
Alanine.....g	0.857		0	LC	8		0.243		
Aspartic acid.....g	2.071		0	LC	8		0.587		
Glutamic acid.....g	4.536		0	LC	8		1.286		
Glycine.....g	1.107		0	LC	8		0.314		
Proline.....g	0.857		0	LC	8		0.243		
Serine.....g	1.000		0	LC	8		0.284		

NDB No. 12738

Nuts, mixed nuts, oil roasted, without peanuts, lightly salted (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	LC	8		0.0		
Caffeine.....mg	0		0	LC	8		0		
Theobromine.....mg	0		0	LC	8		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Footnotes:**

1 Includes cashews, almonds, brazil nuts, pecans, and pistachio nuts.

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 12638

Nuts, mixed nuts, oil roasted, without peanuts, with salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points					
<b>Lipids:</b>								
Fatty acids, total saturated.....g	9.087		0		1		13.085	2.576
4:0.....g	0.000		0		1		0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000
8:0.....g	0.078		0		1		0.112	0.022
10:0.....g	0.078		0		1		0.112	0.022
12:0.....g	0.467		0		1		0.672	0.132
13:0.....g								
14:0.....g	0.342		0		1		0.492	0.097
15:0.....g								
16:0.....g	4.932		0		1		7.102	1.398
17:0.....g								
18:0.....g	2.783		0		1		4.008	0.789
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	33.137		0		1		47.717	9.394
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.329		0		1		0.474	0.093
17:1.....g								
18:1 undifferentiated.....g	32.517		0		1		46.824	9.219
20:1.....g	0.149		0		1		0.215	0.042
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	11.449		0		1		16.487	3.246
18:2 undifferentiated.....g	11.137		0		1		16.037	3.157
18:3 undifferentiated.....g	0.249		0		1		0.359	0.071
18:4.....g	0.000		0		1		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7		0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.252		0		1		0.363	0.071
Threonine.....g	0.568		0		1		0.818	0.161
Isoleucine.....g	0.703		0		1		1.012	0.199
Leucine.....g	1.265		0		1		1.822	0.359
Lysine.....g	0.682		0		1		0.982	0.193
Methionine.....g	0.346		0		1		0.498	0.098
Cystine.....g	0.302		0		1		0.435	0.086
Phenylalanine.....g	0.820		0		1		1.181	0.232
Tyrosine.....g	0.510		0		1		0.734	0.145
Valine.....g	0.952		0		1		1.371	0.270
Arginine.....g	1.989		0		1		2.864	0.564
Histidine.....g	0.416		0		1		0.599	0.118
Alanine.....g	0.715		0		1		1.030	0.203
Aspartic acid.....g	1.617		0		1		2.328	0.458
Glutamic acid.....g	3.872		0		1		5.576	1.098
Glycine.....g	0.844		0		1		1.215	0.239
Proline.....g	0.773		0		1		1.113	0.219
Serine.....g	1.620		0		1		2.333	0.459
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0



NDB No. 12638

Nuts, mixed nuts, oil roasted, without peanuts, with salt added

---

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 144g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12138

Nuts, mixed nuts, oil roasted, w without peanuts, w without salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.15		0		1		4.54	0.89	
Energy.....kcal	615		0	NC	4		886	174	
Energy.....kJ	2573				4		3705	729	
Protein (N x 5.3).....g	15.52		0		1		22.35	4.40	
Total lipid (fat).....g	56.17		0		1		80.88	15.92	
Ash.....g	2.89		0		1		4.16	0.82	
Carbohydrate, by difference.....g	22.27		0	NC	4		32.07	6.31	
Fiber, total dietary.....g	5.5		0		1		7.9	1.6	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	106		0		1		153	30	
Iron, Fe.....mg	2.57		0		1		3.70	0.73	
Magnesium, Mg.....mg	251		0		1		361	71	
Phosphorus, P.....mg	449		0		1		647	127	
Potassium, K.....mg	544		0		1		783	154	
Sodium, Na.....mg	11		0		1		16	3	
Zinc, Zn.....mg	4.66		0		1		6.71	1.32	
Copper, Cu.....mg	1.795		0		1		2.585	0.509	
Manganese, Mn.....mg	1.547		0		1		2.228	0.439	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		0		1		0.7	0.1	
Thiamin.....mg	0.504		0		1		0.726	0.143	
Riboflavin.....mg	0.486		0		1		0.700	0.138	
Niacin.....mg	1.964		0		1		2.828	0.557	
Pantothenic acid.....mg	0.962		0		1		1.385	0.273	
Vitamin B-6.....mg	0.180		0		1		0.259	0.051	
Folate, total.....µg	56		0		1		81	16	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	56		0		1		81	16	
Folate, DFE.....µg	56		0	NC	4		81	16	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	1		0		1		1	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	20		0		1		29	6	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 12138

Nuts, mixed nuts, oil roasted, without peanuts, without salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	9.087		0		1	13.085	2.576
4:0.....g							
6:0.....g							
8:0.....g	0.078		0		1	0.112	0.022
10:0.....g	0.078		0		1	0.112	0.022
12:0.....g	0.467		0		1	0.672	0.132
13:0.....g							
14:0.....g	0.342		0		1	0.492	0.097
15:0.....g							
16:0.....g	4.932		0		1	7.102	1.398
17:0.....g							
18:0.....g	2.783		0		1	4.008	0.789
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	33.137		0		1	47.717	9.394
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.329		0		1	0.474	0.093
17:1.....g							
18:1 undifferentiated.....g	32.517		0		1	46.824	9.219
20:1.....g	0.149		0		1	0.215	0.042
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	11.449		0		1	16.487	3.246
18:2 undifferentiated.....g	11.137		0		1	16.037	3.157
18:3 undifferentiated.....g	0.249		0		1	0.359	0.071
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.252		0		1	0.363	0.071
Threonine.....g	0.568		0		1	0.818	0.161
Isoleucine.....g	0.703		0		1	1.012	0.199
Leucine.....g	1.265		0		1	1.822	0.359
Lysine.....g	0.682		0		1	0.982	0.193
Methionine.....g	0.346		0		1	0.498	0.098
Cystine.....g	0.302		0		1	0.435	0.086
Phenylalanine.....g	0.820		0		1	1.181	0.232
Tyrosine.....g	0.510		0		1	0.734	0.145
Valine.....g	0.952		0		1	1.371	0.270
Arginine.....g	1.989		0		1	2.864	0.564
Histidine.....g	0.416		0		1	0.599	0.118
Alanine.....g	0.715		0		1	1.030	0.203
Aspartic acid.....g	1.617		0		1	2.328	0.458
Glutamic acid.....g	3.872		0		1	5.576	1.098
Glycine.....g	0.844		0		1	1.215	0.239
Proline.....g	0.773		0		1	1.113	0.219
Serine.....g	1.620		0		1	2.333	0.459
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0
Caffeine.....mg							
Theobromine.....mg							

NDB No. 12138

Nuts, mixed nuts, oil roasted, without peanuts, without salt added

---

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 144g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



**NDB No. 12142**  
**Nuts, pecans (1, 2)**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0	
Vitamin D.....µg	0		0	Z	7	0	0	0	
Vitamin K (phylloquinone).....µg	3.5	0.413	8	A	1	3.8	3.5	1.0	
Dihydrophyloquinone.....µg	0.0	0.000	8	A	1	0.0	0.0	0.0	
Menaquinone-4.....µg									
<b><u>Lipids:</u></b>									
Fatty acids, total saturated.....g	6.180		0	NC	4	6.736	6.118	1.752	
4:0.....g	0.000		0	Z	7	0.000	0.000	0.000	
6:0.....g	0.000		0	Z	7	0.000	0.000	0.000	
8:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
10:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
12:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
13:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
14:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
15:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
16:0.....g	4.366	0.213	3	A	1	4.758	4.322	1.238	
17:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:0.....g	1.745	0.022	3	A	1	1.902	1.728	0.495	
20:0.....g	0.069	0.000	3	A	1	0.075	0.068	0.020	
22:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
24:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	40.801		0	NC	4	44.473	40.393	11.567	
14:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	40.594	2.143	3	A	1	44.247	40.188	11.508	
20:1.....g	0.207	0.000	3	A	1	0.226	0.205	0.059	
22:1 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	21.614		0	NC	4	23.559	21.398	6.128	
18:2 undifferentiated.....g	20.628	1.806	3	A	1	22.484	20.421	5.848	
18:3 undifferentiated.....g	0.986	0.044	3	A	1	1.075	0.977	0.280	
18:4.....g	0.000		0		1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7	0	0	0	
Phytosterols.....mg									
Stigmasterol.....mg	3	0.285	3	A	1	3	3	1	
Campesterol.....mg	6	0.564	3	A	1	7	6	2	
Beta-sitosterol.....mg	117	0.216	3	A	1	128	116	33	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.093		0	A	1	0.101	0.092	0.026	
Threonine.....g	0.306		0	A	1	0.333	0.303	0.087	
Isoleucine.....g	0.336		0	A	1	0.366	0.333	0.095	
Leucine.....g	0.598		0	A	1	0.651	0.592	0.169	
Lysine.....g	0.287		0	A	1	0.313	0.284	0.081	
Methionine.....g	0.183		0	A	1	0.199	0.181	0.052	
Cystine.....g	0.152		0	A	1	0.166	0.151	0.043	
Phenylalanine.....g	0.426		0	A	1	0.464	0.422	0.121	
Tyrosine.....g	0.215		0	A	1	0.234	0.213	0.061	
Valine.....g	0.411		0	A	1	0.448	0.407	0.117	
Arginine.....g	1.177		0	A	1	1.283	1.165	0.334	
Histidine.....g	0.262		0	A	1	0.285	0.259	0.074	

NDB No. 12142  
Nuts, pecans (1, 2)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Alanine.....g	0.397		0	A	1		0.432	0.393	0.112
Aspartic acid.....g	0.929		0	A	1		1.013	0.920	0.263
Glutamic acid.....g	1.829		0	A	1		1.993	1.810	0.518
Glycine.....g	0.453		0	A	1		0.493	0.448	0.128
Proline.....g	0.363		0	A	1		0.395	0.359	0.103
Serine.....g	0.474		0	A	1		0.517	0.469	0.134
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

- Measure 1 = 109g: 1 cup, chopped
- Measure 2 = 99g: 1 cup, halves
- Measure 3 = 28.35g: 1 oz (19 halves)

**Footnotes:**

- 1 Unroasted
- 2 Other phytosterols = 32.8 mg/100g; these include delta 5-avenasterol (14.3), campestanol (2.8), brassicasterol (0.5), and other minor phytosterols (15.1 mg).

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12643

Nuts, pecans, dry roasted, with salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.12	0.090	3	A	1		0.32		
Energy.....kcal	710		0	NC	4		201		
Energy.....kJ	2969		0	NC	4		842		
Protein (N x 5.3).....g	9.50	0.100	3	A	1		2.69		
Total lipid (fat).....g	74.27	0.376	3	A	1		21.05		
Ash.....g	1.56	0.077	3	A	1		0.44		
Carbohydrate, by difference.....g	13.55		0	NC	4		3.84		
Fiber, total dietary.....g	9.4	0.697	3	A	1		2.7		
Sugars, total.....g	4.06	0.247	3	A	1		1.15		
Sucrose.....g	4.00	0.252	3	A	1		1.13		
Glucose (dextrose).....g	0.04	0.000	3	A	1		0.01		
Fructose.....g	0.04	0.000	3	A	1		0.01		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g									
Starch.....g	0.24	0.078	3	A	1		0.07		
<b>Minerals:</b>									
Calcium, Ca.....mg	72	10.367	3	A	1		21		
Iron, Fe.....mg	2.80	0.153	3	A	1		0.79		
Magnesium, Mg.....mg	132	6.119	3	A	1		38		
Phosphorus, P.....mg	293	20.276	3	A	1		83		
Potassium, K.....mg	424	32.512	3	A	1		120		
Sodium, Na.....mg	383		0	S	4		109		
Zinc, Zn.....mg	5.07	0.437	3	A	1		1.44		
Copper, Cu.....mg	1.167	0.176	3	A	1		0.331		
Manganese, Mn.....mg	3.933	0.935	3	A	1		1.115		
Selenium, Se.....µg	4.0		1	A	1		1.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7	0.000	3	A	1		0.2		
Thiamin.....mg	0.450	0.025	3	A	1		0.128		
Riboflavin.....mg	0.107	0.007	3	A	1		0.030		
Niacin.....mg	1.167	0.067	3	A	1		0.331		
Pantothenic acid.....mg	0.703	0.108	3	A	1		0.199		
Vitamin B-6.....mg	0.187	0.023	3	A	1		0.053		
Folate, total.....µg	16	4.661	3	A	1		4		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	16	4.661	3	A	1		4		
Folate, DFE.....µg	16		0	NC	4		4		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	7		1	AS	1		2		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	84		1	A	1		24		
Carotene, alpha.....µg	0		1	A	1		0		
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	140		1	AS	1		40		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	1.30	0.058	3	A	1		0.37		
Tocopherol, beta.....mg	0.14	0.000	3	A	1		0.04		
Tocopherol, gamma.....mg	23.57	2.022	3	A	1		6.68		
Tocopherol, delta.....mg	0.77	0.120	3	A	1		0.22		
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		



NDB No. 12643

Nuts, pecans, dry roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.283		0	NC	4		1.781		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.000	0.000	3	A	1		0.000		
13:0.....g	0.000	0.000	3	A	1		0.000		
14:0.....g	0.000	0.000	3	A	1		0.000		
15:0.....g	0.000	0.000	3	A	1		0.000		
16:0.....g	4.387	0.222	3	A	1		1.244		
17:0.....g	0.000	0.000	3	A	1		0.000		
18:0.....g	1.825	0.025	3	A	1		0.517		
20:0.....g	0.071	0.000	3	A	1		0.020		
22:0.....g	0.000	0.000	3	A	1		0.000		
24:0.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated.....g	43.957		0	NC	4		12.462		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	43.743	2.616	3	A	1		12.401		
20:1.....g	0.214	0.001	3	A	1		0.061		
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	20.572		0	NC	4		5.832		
18:2 undifferentiated.....g	19.578	2.218	3	A	1		5.550		
18:3 undifferentiated.....g	0.994	0.039	3	A	1		0.282		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	85		1		1		24		
Stigmasterol.....mg	2		1	A	1		1		
Campesterol.....mg	4		1	A	1		1		
Beta-sitosterol.....mg	78		1	A	1		22		
<b>Amino Acids:</b>									
Tryptophan.....g	0.096		0	A	1		0.027		
Threonine.....g	0.317		0	A	1		0.090		
Isoleucine.....g	0.348		0	A	1		0.099		
Leucine.....g	0.619		0	A	1		0.176		
Lysine.....g	0.297		0	A	1		0.084		
Methionine.....g	0.189		0	A	1		0.054		
Cystine.....g	0.158		0	A	1		0.045		
Phenylalanine.....g	0.441		0	A	1		0.125		
Tyrosine.....g	0.223		0	A	1		0.063		
Valine.....g	0.426		0	A	1		0.121		
Arginine.....g	1.220		0	A	1		0.346		
Histidine.....g	0.271		0	A	1		0.077		
Alanine.....g	0.411		0	A	1		0.117		
Aspartic acid.....g	0.963		0	A	1		0.273		
Glutamic acid.....g	1.895		0	A	1		0.537		

NDB No. 12643

Nuts, pecans, dry roasted, with salt added

---

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	<u>measures of food</u>		
			of Data Points	Deriv Code				Measure 1	Measure 2	Measure 3
Glycine.....g	0.469		0	A	1		0.133			
Proline.....g	0.376		0	A	1		0.107			
Serine.....g	0.491		0	A	1		0.139			
Hydroxyproline.....g										

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12143

Nuts, pecans, dry roasted, without salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.12	0.090	3	A	1		0.32		
Energy.....kcal	710		0	NC	4		201		
Energy.....kJ	2969		0	NC	4		842		
Protein (N x 5.3).....g	9.50	0.100	3	A	1		2.69		
Total lipid (fat).....g	74.27	0.376	3	A	1		21.05		
Ash.....g	1.56	0.077	3	A	1		0.44		
Carbohydrate, by difference.....g	13.55		0	NC	4		3.84		
Fiber, total dietary.....g	9.4	0.697	3	A	1		2.7		
Sugars, total.....g	4.06	0.247	3	A	1		1.15		
Sucrose.....g	4.00	0.252	3	A	1		1.13		
Glucose (dextrose).....g	0.04	0.000	3	A	1		0.01		
Fructose.....g	0.04	0.000	3	A	1		0.01		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g									
Starch.....g	0.24	0.078	3	A	1		0.07		
<b>Minerals:</b>									
Calcium, Ca.....mg	72	10.367	3	A	1		21		
Iron, Fe.....mg	2.80	0.153	3	A	1		0.79		
Magnesium, Mg.....mg	132	6.119	3	A	1		38		
Phosphorus, P.....mg	293	20.276	3	A	1		83		
Potassium, K.....mg	424	32.512	3	A	1		120		
Sodium, Na.....mg	1	0.088	3	A	1		0		
Zinc, Zn.....mg	5.07	0.437	3	A	1		1.44		
Copper, Cu.....mg	1.167	0.176	3	A	1		0.331		
Manganese, Mn.....mg	3.933	0.935	3	A	1		1.115		
Selenium, Se.....µg	4.0		1	A	1		1.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7	0.000	3	A	1		0.2		
Thiamin.....mg	0.450	0.025	3	A	1		0.128		
Riboflavin.....mg	0.107	0.007	3	A	1		0.030		
Niacin.....mg	1.167	0.067	3	A	1		0.331		
Pantothenic acid.....mg	0.703	0.108	3	A	1		0.199		
Vitamin B-6.....mg	0.187	0.023	3	A	1		0.053		
Folate, total.....µg	16	4.661	3	A	1		4		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	16	4.661	3	A	1		4		
Folate, DFE.....µg	16		0	NC	4		4		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	7		1	AS	1		2		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	84		1	A	1		24		
Carotene, alpha.....µg	0		1	A	1		0		
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	140		1	AS	1		40		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	1.30	0.058	3	A	1		0.37		
Tocopherol, beta.....mg	0.14	0.000	3	A	1		0.04		
Tocopherol, gamma.....mg	23.57	2.022	3	A	1		6.68		
Tocopherol, delta.....mg	0.77	0.120	3	A	1		0.22		
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		

NDB No. 12143

Nuts, pecans, dry roasted, without salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.283		0	NC	4		1.781		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.000	0.000	3	A	1		0.000		
13:0.....g	0.000	0.000	3	A	1		0.000		
14:0.....g	0.000	0.000	3	A	1		0.000		
15:0.....g	0.000	0.000	3	A	1		0.000		
16:0.....g	4.387	0.222	3	A	1		1.244		
17:0.....g	0.000	0.000	3	A	1		0.000		
18:0.....g	1.825	0.025	3	A	1		0.517		
20:0.....g	0.071	0.000	3	A	1		0.020		
22:0.....g	0.000	0.000	3	A	1		0.000		
24:0.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated.....g	43.957		0	NC	4		12.462		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	43.743	2.616	3	A	1		12.401		
20:1.....g	0.214	0.001	3	A	1		0.061		
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	20.572		0	NC	4		5.832		
18:2 undifferentiated.....g	19.578	2.218	3	A	1		5.550		
18:3 undifferentiated.....g	0.994	0.039	3	A	1		0.282		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	85		1	A	1		24		
Stigmasterol.....mg	2		1	A	1		1		
Campesterol.....mg	4		1	A	1		1		
Beta-sitosterol.....mg	78		1	A	1		22		
<b>Amino Acids:</b>									
Tryptophan.....g	0.096		0	A	1		0.027		
Threonine.....g	0.317		0	A	1		0.090		
Isoleucine.....g	0.348		0	A	1		0.099		
Leucine.....g	0.619		0	A	1		0.176		
Lysine.....g	0.297		0	A	1		0.084		
Methionine.....g	0.189		0	A	1		0.054		
Cystine.....g	0.158		0	A	1		0.045		
Phenylalanine.....g	0.441		0	A	1		0.125		
Tyrosine.....g	0.223		0	A	1		0.063		
Valine.....g	0.426		0	A	1		0.121		
Arginine.....g	1.220		0	A	1		0.346		
Histidine.....g	0.271		0	A	1		0.077		
Alanine.....g	0.411		0	A	1		0.117		
Aspartic acid.....g	0.963		0	A	1		0.273		
Glutamic acid.....g	1.895		0	A	1		0.537		

NDB No. 12143

Nuts, pecans, dry roasted, without salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine.....g	0.469		0	A	1		0.133		
Proline.....g	0.376		0	A	1		0.107		
Serine.....g	0.491		0	A	1		0.139		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12644

Nuts, pecans, oil roasted, with salt added (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.13	0.035	3	A	1		1.24	0.32	
Energy.....kcal	715		0	NC	4		786	203	
Energy.....kJ	2990		0	NC	4		3289	848	
Protein (N x 5.3).....g	9.20	0.058	3	A	1		10.12	2.61	
Total lipid (fat).....g	75.23	0.521	3	A	1		82.76	21.33	
Ash.....g	1.42	0.064	3	A	1		1.57	0.40	
Carbohydrate, by difference.....g	13.01		0	NC	4		14.31	3.69	
Fiber, total dietary.....g	9.5	0.394	3	A	1		10.4	2.7	
Sugars, total.....g	3.97	0.265	3	A	1		4.37	1.13	
Sucrose.....g	3.90	0.265	3	A	1		4.29	1.11	
Glucose (dextrose).....g	0.04	0.000	3	A	1		0.04	0.01	
Fructose.....g	0.04	0.000	3	A	1		0.04	0.01	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose.....g									
Starch.....g	0.28	0.023	3	A	1		0.31	0.08	
<b>Minerals:</b>									
Calcium, Ca.....mg	67	6.278	3	A	1		74	19	
Iron, Fe.....mg	2.47	0.203	3	A	1		2.71	0.70	
Magnesium, Mg.....mg	121	4.333	3	A	1		133	34	
Phosphorus, P.....mg	263	18.559	3	A	1		290	75	
Potassium, K.....mg	392	6.489	3	A	1		432	111	
Sodium, Na.....mg	393		0	S	4		432	111	
Zinc, Zn.....mg	4.47	0.033	3	A	1		4.91	1.27	
Copper, Cu.....mg	1.200	0.058	3	A	1		1.320	0.340	
Manganese, Mn.....mg	3.700	1.114	3	A	1		4.070	1.049	
Selenium, Se.....µg	6.0		1	A	1		6.6	1.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7	0.000	3	A	1		0.8	0.2	
Thiamin.....mg	0.473	0.018	3	A	1		0.521	0.134	
Riboflavin.....mg	0.110	0.006	3	A	1		0.121	0.031	
Niacin.....mg	1.200	0.000	3	A	1		1.320	0.340	
Pantothenic acid.....mg	0.737	0.081	3	A	1		0.810	0.209	
Vitamin B-6.....mg	0.187	0.015	3	A	1		0.205	0.053	
Folate, total.....µg	15	1.444	3	A	1		16	4	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	15	1.444	3	A	1		16	4	
Folate, DFE.....µg	15		0	NC	4		16	4	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	5		1	AS	1		6	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	62		1	A	1		68	18	
Carotene, alpha.....µg	0		1	A	1		0	0	
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	104		1	AS	1		114	29	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	2.53	0.145	3	A	1		2.79	0.72	
Tocopherol, beta.....mg	0.35	0.107	3	A	1		0.38	0.10	
Tocopherol, gamma.....mg	24.20	2.470	3	A	1		26.62	6.86	
Tocopherol, delta.....mg	1.07	0.260	3	A	1		1.17	0.30	
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Deriv Source			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code	Code				
Vitamin D.....µg	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.238		0	NC	4		7.962	2.052	
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g	0.000	0.000	3	A	1		0.000	0.000	
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	4.969	0.055	3	A	1		5.466	1.409	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	1.849	0.036	3	A	1		2.034	0.524	
20:0.....g	0.145	0.001	3	A	1		0.159	0.041	
22:0.....g	0.162	0.055	3	A	1		0.178	0.046	
24:0.....g	0.114	0.031	3	A	1		0.125	0.032	
Fatty acids, total monounsaturated.....g	40.970		0	NC	4		45.067	11.615	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.024	0.024	3	A	1		0.027	0.007	
17:1.....g									
18:1 undifferentiated.....g	40.681	2.216	3	A	1		44.749	11.533	
20:1.....g	0.265	0.023	3	A	1		0.291	0.075	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	23.584		0	NC	4		25.942	6.686	
18:2 undifferentiated.....g	22.552	1.604	3	A	1		24.808	6.394	
18:3 undifferentiated.....g	1.031	0.025	3	A	1		1.134	0.292	
18:4.....g									
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	108		1		1		119	31	
Stigmasterol.....mg	5		1	A	1		5	1	
Campesterol.....mg	7		1	A	1		8	2	
Beta-sitosterol.....mg	96		1	A	1		106	27	
<b>Amino Acids:</b>									
Tryptophan.....g	0.093		0	A	1		0.102	0.026	
Threonine.....g	0.307		0	A	1		0.337	0.087	
Isoleucine.....g	0.337		0	A	1		0.371	0.096	
Leucine.....g	0.600		0	A	1		0.660	0.170	
Lysine.....g	0.288		0	A	1		0.317	0.082	
Methionine.....g	0.183		0	A	1		0.202	0.052	
Cystine.....g	0.153		0	A	1		0.168	0.043	
Phenylalanine.....g	0.428		0	A	1		0.470	0.121	
Tyrosine.....g	0.216		0	A	1		0.237	0.061	
Valine.....g	0.413		0	A	1		0.454	0.117	
Arginine.....g	1.181		0	A	1		1.300	0.335	
Histidine.....g	0.262		0	A	1		0.289	0.074	
Alanine.....g	0.398		0	A	1		0.438	0.113	
Aspartic acid.....g	0.933		0	A	1		1.026	0.264	
Glutamic acid.....g	1.835		0	A	1		2.019	0.520	

NDB No. 12644

Nuts, pecans, oil roasted, with salt added (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine.....g	0.454		0	A	1		0.500	0.129	
Proline.....g	0.364		0	A	1		0.400	0.103	
Serine.....g	0.476		0	A	1		0.523	0.135	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 110g: 1 cup

Measure 2 = 28.35g: 1 oz (15 halves)

**Footnotes:**

1 Roasted in cottonseed, peanut, soybean, or sunflower oil.

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 12144

Nuts, pecans, oil roasted, without salt added (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.13	0.035	3	A	1		1.24	0.32	
Energy.....kcal	715		0	NC	4		786	203	
Energy.....kJ	2990		0	NC	4		3289	848	
Protein (N x 5.3).....g	9.20	0.058	3	A	1		10.12	2.61	
Total lipid (fat).....g	75.23	0.521	3	A	1		82.76	21.33	
Ash.....g	1.42	0.064	3	A	1		1.57	0.40	
Carbohydrate, by difference.....g	13.01		0	NC	4		14.31	3.69	
Fiber, total dietary.....g	9.5	0.394	3	A	1		10.4	2.7	
Sugars, total.....g	3.97	0.265	3	A	1		4.37	1.13	
Sucrose.....g	3.90	0.265	3	A	1		4.29	1.11	
Glucose (dextrose).....g	0.04	0.000	3	A	1		0.04	0.01	
Fructose.....g	0.04	0.000	3	A	1		0.04	0.01	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose.....g									
Starch.....g	0.28	0.023	3	A	1		0.31	0.08	
<b>Minerals:</b>									
Calcium, Ca.....mg	67	6.278	3	A	1		74	19	
Iron, Fe.....mg	2.47	0.203	3	A	1		2.71	0.70	
Magnesium, Mg.....mg	121	4.333	3	A	1		133	34	
Phosphorus, P.....mg	263	18.559	3	A	1		290	75	
Potassium, K.....mg	392	6.489	3	A	1		432	111	
Sodium, Na.....mg	1	0.684	3	A	1		1	0	
Zinc, Zn.....mg	4.47	0.033	3	A	1		4.91	1.27	
Copper, Cu.....mg	1.200	0.058	3	A	1		1.320	0.340	
Manganese, Mn.....mg	3.700	1.114	3	A	1		4.070	1.049	
Selenium, Se.....µg	6.0		1	A	1		6.6	1.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7	0.000	3	A	1		0.8	0.2	
Thiamin.....mg	0.473	0.018	3	A	1		0.521	0.134	
Riboflavin.....mg	0.110	0.006	3	A	1		0.121	0.031	
Niacin.....mg	1.200	0.000	3	A	1		1.320	0.340	
Pantothenic acid.....mg	0.737	0.081	3	A	1		0.810	0.209	
Vitamin B-6.....mg	0.187	0.015	3	A	1		0.205	0.053	
Folate, total.....µg	15	1.444	3	A	1		16	4	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	15	1.444	3	A	1		16	4	
Folate, DFE.....µg	15		0	NC	4		16	4	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	5		1	AS	1		6	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	62		1	A	1		68	18	
Carotene, alpha.....µg	0		1	A	1		0	0	
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	104		1	AS	1		114	29	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	2.53	0.145	3	A	1		2.79	0.72	
Tocopherol, beta.....mg	0.35	0.107	3	A	1		0.38	0.10	
Tocopherol, gamma.....mg	24.20	2.470	3	A	1		26.62	6.86	
Tocopherol, delta.....mg	1.07	0.260	3	A	1		1.17	0.30	
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	

Nuts, pecans, oil roasted, without salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Deriv Source			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code	Code				
Vitamin D.....µg	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.238		0	NC	4		7.962	2.052	
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g	0.000	0.000	3	A	1		0.000	0.000	
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	4.969	0.055	3	A	1		5.466	1.409	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	1.849	0.036	3	A	1		2.034	0.524	
20:0.....g	0.145	0.001	3	A	1		0.159	0.041	
22:0.....g	0.162	0.055	3	A	1		0.178	0.046	
24:0.....g	0.114	0.031	3	A	1		0.125	0.032	
Fatty acids, total monounsaturated.....g	40.970		0	NC	4		45.067	11.615	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.024	0.024	3	A	1		0.027	0.007	
17:1.....g									
18:1 undifferentiated.....g	40.681	2.216	3	A	1		44.749	11.533	
20:1.....g	0.265	0.023	3	A	1		0.291	0.075	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	23.584		0	NC	4		25.942	6.686	
18:2 undifferentiated.....g	22.552	1.604	3	A	1		24.808	6.394	
18:3 undifferentiated.....g	1.031	0.025	3	A	1		1.134	0.292	
18:4.....g									
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	108		1	A	1		119	31	
Stigmasterol.....mg	5		1	A	1		5	1	
Campesterol.....mg	7		1	A	1		8	2	
Beta-sitosterol.....mg	96		1	A	1		106	27	
<b>Amino Acids:</b>									
Tryptophan.....g	0.093		0	A	1		0.102	0.026	
Threonine.....g	0.307		0	A	1		0.337	0.087	
Isoleucine.....g	0.337		0	A	1		0.371	0.096	
Leucine.....g	0.600		0	A	1		0.660	0.170	
Lysine.....g	0.288		0	A	1		0.317	0.082	
Methionine.....g	0.183		0	A	1		0.202	0.052	
Cystine.....g	0.153		0	A	1		0.168	0.043	
Phenylalanine.....g	0.428		0	A	1		0.470	0.121	
Tyrosine.....g	0.216		0	A	1		0.237	0.061	
Valine.....g	0.413		0	A	1		0.454	0.117	
Arginine.....g	1.181		0	A	1		1.300	0.335	
Histidine.....g	0.262		0	A	1		0.289	0.074	
Alanine.....g	0.398		0	A	1		0.438	0.113	
Aspartic acid.....g	0.933		0	A	1		1.026	0.264	
Glutamic acid.....g	1.835		0	A	1		2.019	0.520	

NDB No. 12144

Nuts, pecans, oil roasted, without salt added (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine.....g	0.454		0	A	1		0.500	0.129	
Proline.....g	0.364		0	A	1		0.400	0.103	
Serine.....g	0.476		0	A	1		0.523	0.135	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 110g: 1 cup

Measure 2 = 28.35g: 1 oz (15 halves)

**Footnotes:**

1 Roasted in cottonseed, peanut, soybean, or sunflower oil.

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12145  
 Nuts, pilinuts, dried  
*Canarium ovatum*

Refuse:81% Shells

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.77		1		1		3.32	0.79	
Energy.....kcal	719		0	NC	4		863	204	
Energy.....kJ	3008		0		4		3610	853	
Protein (N x 5.3).....g	10.80		1		1		12.96	3.06	
Total lipid (fat).....g	79.55		1		1		95.46	22.55	
Ash.....g	2.91		0		1		3.49	0.82	
Carbohydrate, by difference.....g	3.98		0	NC	4		4.78	1.13	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	145		0		1		174	41	
Iron, Fe.....mg	3.53		0		1		4.24	1.00	
Magnesium, Mg.....mg	302		0		4		362	86	
Phosphorus, P.....mg	575		0		1		690	163	
Potassium, K.....mg	507		0		1		608	144	
Sodium, Na.....mg	3		0		1		4	1	
Zinc, Zn.....mg	2.97		0		4		3.56	0.84	
Copper, Cu.....mg	0.958		0		4		1.150	0.272	
Manganese, Mn.....mg	2.313		0		4		2.776	0.656	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6		0		4		0.7	0.2	
Thiamin.....mg	0.913		0		1		1.096	0.259	
Riboflavin.....mg	0.093		0		1		0.112	0.026	
Niacin.....mg	0.519		0		1		0.623	0.147	
Pantothenic acid.....mg	0.479		0		4		0.575	0.136	
Vitamin B-6.....mg	0.115		0		4		0.138	0.033	
Folate, total.....µg	60		0		4		72	17	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	60		0		4		72	17	
Folate, DFE.....µg	60		0	NC	4		72	17	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	2		0		1		2	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	41		0		1		49	12	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 12145**  
**Nuts, pilinuts, dried**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	31.184		0		1		37.421	8.841	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	22.035		1		1		26.442	6.247	
17:0.....g									
18:0.....g	9.148		1		1		10.978	2.593	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	37.229		0		1		44.675	10.554	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	37.229		1		1		44.675	10.554	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.605		0		1		9.126	2.156	
18:2 undifferentiated.....g	7.605		1		1		9.126	2.156	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.189		0		1		0.227	0.054	
Threonine.....g	0.407		1		1		0.488	0.115	
Isoleucine.....g	0.483		1		1		0.580	0.137	
Leucine.....g	0.890		1		1		1.068	0.252	
Lysine.....g	0.369		1		1		0.443	0.105	
Methionine.....g	0.395		1		1		0.474	0.112	
Cystine.....g	0.189		0		1		0.227	0.054	
Phenylalanine.....g	0.497		1		1		0.596	0.141	
Tyrosine.....g	0.381		1		1		0.457	0.108	
Valine.....g	0.701		1		1		0.841	0.199	
Arginine.....g	1.516		1		1		1.819	0.430	
Histidine.....g	0.255		1		1		0.306	0.072	
Alanine.....g	0.509		1		1		0.611	0.144	
Aspartic acid.....g	1.222		1		1		1.466	0.346	
Glutamic acid.....g	2.393		1		1		2.872	0.678	
Glycine.....g	0.650		1		1		0.780	0.184	
Proline.....g	0.471		1		1		0.565	0.134	
Serine.....g	0.599		1		1		0.719	0.170	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12145**

**Nuts, pilinuts, dried**

**Common Measures:**

Measure 1 = 120g: 1 cup

Measure 2 = 28.35g: 1 oz (15 kernels)

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12147  
 Nuts, pine nuts, dried (1, 2)  
*Pinus spp.*

Refuse:23% Shells

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.28	0.094	8	A	1		3.07	0.65	0.04
Energy.....kcal	673		0	NC	4		908	191	11
Energy.....kJ	2816		0	NC	4		3802	798	48
Protein (N x 5.3).....g	13.69	0.156	8	A	1		18.49	3.88	0.23
Total lipid (fat).....g	68.37	0.249	8	A	1		92.29	19.38	1.16
Ash.....g	2.59	0.032	8	A	1		3.50	0.73	0.04
Carbohydrate, by difference.....g	13.08		0	NC	4		17.65	3.71	0.22
Fiber, total dietary.....g	3.7	0.052	5	A	1		5.1	1.1	0.1
Sugars, total.....g	3.59	0.085	4	A	1		4.85	1.02	0.06
Sucrose.....g	3.45	0.085	4	A	1		4.65	0.98	0.06
Glucose (dextrose).....g	0.07	0.000	4	A	1		0.10	0.02	0.00
Fructose.....g	0.07	0.000	4	A	1		0.10	0.02	0.00
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch.....g	1.43		1	A	1		1.93	0.41	0.02
<b>Minerals:</b>									
Calcium, Ca.....mg	16	0.955	8	A	1		22	5	0
Iron, Fe.....mg	5.53	0.133	8	A	1		7.46	1.57	0.09
Magnesium, Mg.....mg	251	2.969	8	A	1		339	71	4
Phosphorus, P.....mg	575	9.507	8	A	1		777	163	10
Potassium, K.....mg	597	11.408	8	A	1		806	169	10
Sodium, Na.....mg	2	0.000	4	A	1		2	0	0
Zinc, Zn.....mg	6.45	0.075	8	A	1		8.71	1.83	0.11
Copper, Cu.....mg	1.324	0.015	8	A	1		1.787	0.375	0.023
Manganese, Mn.....mg	8.802	0.309	8	A	1		11.883	2.496	0.150
Selenium, Se.....µg	0.7	0.069	4	A	1		0.9	0.2	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8	0.198	7	A	1		1.0	0.2	0.0
Thiamin.....mg	0.364	0.026	8	A	1		0.491	0.103	0.006
Riboflavin.....mg	0.227	0.010	4	A	1		0.306	0.064	0.004
Niacin.....mg	4.387	0.210	8	A	1		5.923	1.244	0.075
Pantothenic acid.....mg	0.313	0.008	7	A	1		0.422	0.089	0.005
Vitamin B-6.....mg	0.094	0.004	8	A	1		0.126	0.027	0.002
Folate, total.....µg	34	0.737	6	A	1		46	10	1
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	34	0.737	6	A	1		46	10	1
Folate, DFE.....µg	34		0	NC	4		46	10	1
Choline, total.....mg	55.8	1.046	5	AS	1		75.3	15.8	0.9
Betaine.....mg	0.4	0.015	5	A	1		0.5	0.1	0.0
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	1		0	NC	4		2	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	17		0	BNA	4		23	5	0
Carotene, alpha.....µg	0		0	BNA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	BNA	4		0	0	0
Vitamin A, IU.....IU	29		0		4		39	8	0
Lycopene.....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin.....µg	9		0	BFZN	4		12	3	0
Vitamin E (alpha-tocopherol).....mg	9.33	0.288	4	A	1		12.59	2.64	0.16
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	11.15	0.202	4	A	1		15.05	3.16	0.19
Tocopherol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00

**NDB No. 12147**  
**Nuts, pine nuts, dried (1, 2)**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.69	0.082	4	A	1	0.93	0.20	0.01	
Tocotrienol, delta.....mg	0.00	0.000	4	A	1	0.00	0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7	0	0	0	
Vitamin K (phylloquinone).....µg	53.9	1.736	7	A	1	72.8	15.3	0.9	
Dihydrophyloquinone.....µg	0.0	0.000	7	A	1	0.0	0.0	0.0	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.899		0	NC	4	6.614	1.389	0.083	
4:0.....g	0.000		0		1	0.000	0.000	0.000	
6:0.....g	0.000		0		1	0.000	0.000	0.000	
8:0.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
10:0.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
12:0.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
15:0.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
16:0.....g	3.212	0.058	7	A	1	4.337	0.911	0.055	
17:0.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
18:0.....g	1.390	0.019	7	A	1	1.876	0.394	0.024	
20:0.....g	0.229	0.006	7	A	1	0.309	0.065	0.004	
22:0.....g	0.068	0.002	7	A	1	0.092	0.019	0.001	
24:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	18.764		0	NC	4	25.331	5.320	0.319	
14:1.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
15:1.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.017	0.007	7	A	1	0.023	0.005	0.000	
17:1.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
18:1 undifferentiated.....g	17.947	0.313	7	A	1	24.228	5.088	0.305	
20:1.....g	0.801	0.021	7	A	1	1.081	0.227	0.014	
22:1 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	34.071		0	NC	4	45.996	9.659	0.579	
18:2 undifferentiated.....g	33.150	0.429	7	A	1	44.752	9.398	0.564	
18:3 undifferentiated.....g	0.164		0	AS	1	0.222	0.047	0.003	
18:3 n-3 c,c,c (ALA).....g	0.112	0.002	4	A	1	0.151	0.032	0.002	
18:3 n-6 c,c,c.....g	0.052	0.000	4	A	1	0.070	0.015	0.001	
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.404	0.006	7	A	1	0.545	0.115	0.007	
20:3 undifferentiated.....g	0.353	0.003	7	A	1	0.476	0.100	0.006	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7	0	0	0	
Phytosterols.....mg									
Stigmasterol.....mg	0	0.000	4	A	1	0	0	0	
Campesterol.....mg	20	0.254	4	A	1	27	6	0	
Beta-sitosterol.....mg	132	0.462	4	A	1	178	37	2	
<b>Amino Acids:</b>									
Tryptophan.....g	0.107		0	A	1	0.144	0.030	0.002	
Threonine.....g	0.370		0	A	1	0.499	0.105	0.006	
Isoleucine.....g	0.542		0	A	1	0.732	0.154	0.009	
Leucine.....g	0.991		0	A	1	1.337	0.281	0.017	



**NDB No. 12147**  
**Nuts, pine nuts, dried (1, 2)**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Lysine.....g	0.540		0	A	1	0.729	0.153	0.009
Methionine.....g	0.259		0	A	1	0.349	0.073	0.004
Cystine.....g	0.289		0	A	1	0.390	0.082	0.005
Phenylalanine.....g	0.524		0	A	1	0.708	0.149	0.009
Tyrosine.....g	0.509		0	A	1	0.687	0.144	0.009
Valine.....g	0.687		0	A	1	0.927	0.195	0.012
Arginine.....g	2.413		0	A	1	3.257	0.684	0.041
Histidine.....g	0.341		0	A	1	0.460	0.097	0.006
Alanine.....g	0.684		0	A	1	0.924	0.194	0.012
Aspartic acid.....g	1.303		0	A	1	1.759	0.369	0.022
Glutamic acid.....g	2.926		0	A	1	3.951	0.830	0.050
Glycine.....g	0.691		0	A	1	0.932	0.196	0.012
Proline.....g	0.673		0	A	1	0.909	0.191	0.011
Serine.....g	0.835		0	A	1	1.127	0.237	0.014
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

- Measure 1 = 135g: 1 cup
- Measure 2 = 28.35g: 1 oz (167 kernels)
- Measure 3 = 1.7g: 10 nuts

**Footnotes:**

- 1 Includes pignolia (Pinus pinea) and Korean (Pinus koraiensis).
- 2 Other phytosterols total 84.1 mg/100g; these include delta 5-avenasterol (40.1), sitostanol (5.9), campestanol (3.9), and other minor phytosterols (34.2 mg).

**Calories Factors: Protein 3.47      Fat 8.37      Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12149

Nuts, pine nuts, pinyon, dried

*Pinus edulis*

pinon

Refuse:43% Shells

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	5.90		1		1		1.67	0.06	
Energy.....kcal	629		0	NC	4		178	6	
Energy.....kJ	2632				4		746	26	
Protein (N x 5.3).....g	11.57		1		1		3.28	0.12	
Total lipid (fat).....g	60.98		1		1		17.29	0.61	
Ash.....g	2.26		1		1		0.64	0.02	
Carbohydrate, by difference.....g	19.30		0	NC	4		5.47	0.19	
Fiber, total dietary.....g	10.7		0		4		3.0	0.1	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8		2		1		2	0	
Iron, Fe.....mg	3.06		2		1		0.87	0.03	
Magnesium, Mg.....mg	234		2		1		66	2	
Phosphorus, P.....mg	35		2		1		10	0	
Potassium, K.....mg	628		2		1		178	6	
Sodium, Na.....mg	72		2		1		20	1	
Zinc, Zn.....mg	4.28		2		1		1.21	0.04	
Copper, Cu.....mg	1.035		2		1		0.293	0.010	
Manganese, Mn.....mg	4.333		0		4		1.228	0.043	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.0		0		1		0.6	0.0	
Thiamin.....mg	1.243		0		1		0.352	0.012	
Riboflavin.....mg	0.223		0		1		0.063	0.002	
Niacin.....mg	4.370		0		1		1.239	0.044	
Pantothenic acid.....mg	0.210		0		4		0.060	0.002	
Vitamin B-6.....mg	0.111		0		4		0.031	0.001	
Folate, total.....µg	58		0		4		16	1	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	58		0		4		16	1	
Folate, DFE.....µg	58		0	NC	4		16	1	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	1		0		1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	29		0		1		8	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 12149**  
**Nuts, pine nuts, pinyon, dried**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	9.377		0		1		2.658	0.094	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	4.416		0		1		1.252	0.044	
17:0.....g									
18:0.....g	2.011		0		1		0.570	0.020	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	22.942		0		1		6.504	0.229	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.250		0		1		0.071	0.003	
17:1.....g									
18:1 undifferentiated.....g	21.528		0		1		6.103	0.215	
20:1.....g	1.164		0		1		0.330	0.012	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.668		0		1		7.277	0.257	
18:2 undifferentiated.....g	24.882		0		1		7.054	0.249	
18:3 undifferentiated.....g	0.787		0		1		0.223	0.008	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.146		0		1		0.041	0.001	
Threonine.....g	0.367		0		1		0.104	0.004	
Isoleucine.....g	0.450		0		1		0.128	0.005	
Leucine.....g	0.834		0		1		0.236	0.008	
Lysine.....g	0.434		0		1		0.123	0.004	
Methionine.....g	0.207		0		1		0.059	0.002	
Cystine.....g	0.210		0		1		0.060	0.002	
Phenylalanine.....g	0.443		0		1		0.126	0.004	
Tyrosine.....g	0.424		0		1		0.120	0.004	
Valine.....g	0.598		0		1		0.170	0.006	
Arginine.....g	2.251		0		1		0.638	0.023	
Histidine.....g	0.277		0		1		0.079	0.003	
Alanine.....g	0.605		0		1		0.172	0.006	
Aspartic acid.....g	1.054		0		1		0.299	0.011	
Glutamic acid.....g	1.969		0		1		0.558	0.020	
Glycine.....g	0.589		0		1		0.167	0.006	
Proline.....g	0.622		0		1		0.176	0.006	
Serine.....g	0.491		0		1		0.139	0.005	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12149**

**Nuts, pine nuts, pinyon, dried**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 1.0g: 10 nuts

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12652

Nuts, pistachio nuts, dry roasted, with salt added (1)

Refuse:47% Shells

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.79	0.144	8	A	1		2.20	0.51	0.01
Energy.....kcal	569		0	NC	4		699	161	4
Energy.....kJ	2379		0	NC	4		2926	674	17
Protein (N x 5.3).....g	21.05	0.350	14	A	1		25.90	5.97	0.15
Total lipid (fat).....g	45.82	1.730	17	A	1		56.36	12.99	0.32
Ash.....g	3.79	0.086	5	A	1		4.66	1.07	0.03
Carbohydrate, by difference.....g	27.55		0	NC	4		33.89	7.81	0.19
Fiber, total dietary.....g	10.3	0.595	20	A	1		12.7	2.9	0.1
Sugars, total.....g	7.74	0.360	13	A	1		9.52	2.20	0.05
Sucrose.....g	7.09	0.283	13	A	1		8.72	2.01	0.05
Glucose (dextrose).....g	0.25	0.075	13	A	1		0.31	0.07	0.00
Fructose.....g	0.22	0.089	13	A	1		0.27	0.06	0.00
Lactose.....g	0.00	0.000	13	A	1		0.00	0.00	0.00
Maltose.....g	0.13	0.069	13	A	1		0.16	0.04	0.00
Galactose.....g									
Starch.....g	1.38	0.113	4	A	1		1.69	0.39	0.01
<b>Minerals:</b>									
Calcium, Ca.....mg	107	5.666	13	A	1		132	30	1
Iron, Fe.....mg	4.03	0.176	13	A	1		4.96	1.14	0.03
Magnesium, Mg.....mg	109	11.075	5	A	1		134	31	1
Phosphorus, P.....mg	469	16.500	5	A	1		576	133	3
Potassium, K.....mg	1007	39.559	12	A	1		1239	286	7
Sodium, Na.....mg	428	34.015	17	A	1		527	121	3
Zinc, Zn.....mg	2.34	0.040	5	A	1		2.88	0.66	0.02
Copper, Cu.....mg	1.293	0.033	5	A	1		1.590	0.366	0.009
Manganese, Mn.....mg	1.243	0.033	5	A	1		1.528	0.352	0.009
Selenium, Se.....µg	10.0	0.836	10	A	1		12.3	2.8	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.0	0.750	6	A	1		3.7	0.9	0.0
Thiamin.....mg	0.695	0.145	5	A	1		0.855	0.197	0.005
Riboflavin.....mg	0.234	0.076	5	A	1		0.288	0.066	0.002
Niacin.....mg	1.373	0.053	5	A	1		1.688	0.389	0.010
Pantothenic acid.....mg	0.513	0.012	4	A	1		0.630	0.145	0.004
Vitamin B-6.....mg	1.122	0.311	13	A	1		1.380	0.318	0.008
Folate, total.....µg	51	0.500	5	A	1		62	14	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	51	0.500	5	A	1		62	14	0
Folate, DFE.....µg	51		0	NC	4		62	14	0
Choline, total.....mg	71.4	0.884	8	AS	1		87.9	20.2	0.5
Betaine.....mg	0.8	0.026	8	A	1		1.0	0.2	0.0
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	13		0	AS	1		16	4	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	159	44.743	15	A	1		196	45	1
Carotene, alpha.....µg	0	0.000	12	A	1		0	0	0
Cryptoxanthin, beta.....µg	0	0.000	8	A	1		0	0	0
Vitamin A, IU.....IU	266		0	AS	1		327	75	2
Lycopene.....µg	0	0.000	8	A	1		0	0	0
Lutein + zeaxanthin.....µg	1160	48.536	9	A	1		1427	329	8
Vitamin E (alpha-tocopherol).....mg	2.17	0.356	9	A	1		2.67	0.62	0.02
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.13	0.039	9	A	1		0.16	0.04	0.00
Tocopherol, gamma.....mg	23.42	2.531	9	A	1		28.81	6.64	0.16
Tocopherol, delta.....mg	0.55	0.161	9	A	1		0.67	0.15	0.00
Tocotrienol, alpha.....mg	0.29	0.220	4	A	1		0.36	0.08	0.00
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00

Nuts, pistachio nuts, dry roasted, with salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	3.14	1.350	4	A	1		3.86	0.89	0.02
Tocotrienol, delta.....mg	0.08	0.045	4	A	1		0.09	0.02	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	13.2	0.287	8	A	1		16.3	3.7	0.1
Dihydrophyloquinone.....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.645		0	NC	4		6.944	1.600	0.040
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
13:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
14:0.....g	0.012	0.013	9	A	1		0.015	0.003	0.000
15:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:0.....g	4.994	0.152	9	A	1		6.143	1.416	0.035
17:0.....g	0.011	0.011	6	A	1		0.013	0.003	0.000
18:0.....g	0.558	0.060	9	A	1		0.686	0.158	0.004
20:0.....g	0.033	0.018	9	A	1		0.041	0.009	0.000
22:0.....g	0.026	0.014	9	A	1		0.032	0.007	0.000
24:0.....g	0.011	0.012	6	A	1		0.014	0.003	0.000
Fatty acids, total monounsaturated.....g	24.534		0	NC	4		30.177	6.956	0.172
14:1.....g	0.005	0.005	6	A	1		0.006	0.001	0.000
15:1.....g	0.009		2	A	1		0.012	0.003	0.000
16:1 undifferentiated.....g	0.464	0.014	9	A	1		0.571	0.132	0.003
17:1.....g	0.020		2	A	1		0.024	0.006	0.000
18:1 undifferentiated.....g	23.926	0.832	9	A	1		29.429	6.783	0.167
18:1 c.....g									
18:1 t.....g	0.000		2	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.106	0.057	9	A	1		0.130	0.030	0.001
22:1 undifferentiated.....g	0.005	0.005	6	A	1		0.006	0.001	0.000
24:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	13.346		0	NC	4		16.416	3.784	0.093
18:2 undifferentiated.....g	13.125	0.259	9	JA	6		16.143	3.721	0.092
18:2 n-6 c,c,c.....g	13.125	0.046	4	A	1		16.143	3.721	0.092
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000		2	A	1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.212	0.024	10	JA	6		0.261	0.060	0.001
18:3 n-3 c,c,c (ALA).....g	0.212		3	A	1		0.261	0.060	0.001
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c,c.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.005	0.005	6	A	1		0.006	0.001	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.005	0.005	6	A	1		0.006	0.001	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000

NDB No. 12652

Nuts, pistachio nuts, dry roasted, with salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
Cholesterol.....mg	0		0	Z		7	0	0	0	
Phytosterols.....mg										
Stigmasterol.....mg	2	0.284	8	A		1	3	1	0	
Campesterol.....mg	10	0.268	8	A		1	13	3	0	
Beta-sitosterol.....mg	210	5.097	8	A		1	259	60	1	
<b>Amino Acids:</b>										
Tryptophan.....g	0.262		0	A		1	0.323	0.074	0.002	
Threonine.....g	0.714		0	A		1	0.878	0.202	0.005	
Isoleucine.....g	0.957		0	A		1	1.177	0.271	0.007	
Leucine.....g	1.675		0	A		1	2.060	0.475	0.012	
Lysine.....g	1.189		0	A		1	1.462	0.337	0.008	
Methionine.....g	0.375		0	A		1	0.462	0.106	0.003	
Cystine.....g	0.305		0	A		1	0.375	0.086	0.002	
Phenylalanine.....g	1.140		0	A		1	1.402	0.323	0.008	
Tyrosine.....g	0.531		0	A		1	0.653	0.151	0.004	
Valine.....g	1.305		0	A		1	1.605	0.370	0.009	
Arginine.....g	2.228		0	A		1	2.741	0.632	0.016	
Histidine.....g	0.535		0	A		1	0.657	0.152	0.004	
Alanine.....g	1.016		0	A		1	1.250	0.288	0.007	
Aspartic acid.....g	1.968		0	A		1	2.420	0.558	0.014	
Glutamic acid.....g	4.490		0	A		1	5.523	1.273	0.031	
Glycine.....g	1.054		0	A		1	1.296	0.299	0.007	
Proline.....g	0.980		0	A		1	1.205	0.278	0.007	
Serine.....g	1.340		0	A		1	1.648	0.380	0.009	
Hydroxyproline.....g	0.096		1	A		1	0.118	0.027	0.001	
<b>Others:</b>										
Alcohol, ethyl.....g	0.0		0			7	0.0	0.0	0.0	
Caffeine.....mg	0		0	Z		7	0	0	0	
Theobromine.....mg	0		0	Z		7	0	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

- Measure 1 = 123g: 1 cup
- Measure 2 = 28.35g: 1 oz (49 kernels)
- Measure 3 = 0.7g: 1 kernel

**Footnotes:**

1 Additional phytosterols total 89 mg/100 g; these include delta 5-avenasterol (26.2), sitostanol (2.3), campestanol (4.9), and other minor phytosterols (55.6 mg).

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12152

Nuts, pistachio nuts, dry roasted, without salt added (1)

Refuse:47% Shells

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.85	0.118	15	A	1		2.28	0.52	0.01
Energy.....kcal	572		0	NC	4		703	162	4
Energy.....kJ	2392		0	NC	4		2942	678	17
Protein (N x 5.3).....g	21.05	0.350	14	A	1		25.90	5.97	0.15
Total lipid (fat).....g	45.82	1.730	17	A	1		56.36	12.99	0.32
Ash.....g	3.00	0.067	12	A	1		3.69	0.85	0.02
Carbohydrate, by difference.....g	28.28		0	NC	4		34.78	8.02	0.20
Fiber, total dietary.....g	10.3	0.595	20	A	1		12.7	2.9	0.1
Sugars, total.....g	7.74	0.360	13	A	1		9.52	2.20	0.05
Sucrose.....g	7.09	0.283	13	A	1		8.72	2.01	0.05
Glucose (dextrose).....g	0.25	0.075	13	A	1		0.31	0.07	0.00
Fructose.....g	0.22	0.089	13	A	1		0.27	0.06	0.00
Lactose.....g	0.00	0.000	13	A	1		0.00	0.00	0.00
Maltose.....g	0.13	0.069	13	A	1		0.16	0.04	0.00
Galactose.....g	0.05		2	A	1		0.06	0.01	0.00
Starch.....g	1.38	0.113	4	A	1		1.69	0.39	0.01
<b>Minerals:</b>									
Calcium, Ca.....mg	107	5.666	13	A	1		132	30	1
Iron, Fe.....mg	4.03	0.176	13	A	1		4.96	1.14	0.03
Magnesium, Mg.....mg	109	11.075	5	A	1		134	31	1
Phosphorus, P.....mg	469	16.500	5	A	1		576	133	3
Potassium, K.....mg	1007	39.559	12	A	1		1239	286	7
Sodium, Na.....mg	6	3.950	5	A	1		8	2	0
Zinc, Zn.....mg	2.34	0.040	5	A	1		2.88	0.66	0.02
Copper, Cu.....mg	1.293	0.033	5	A	1		1.590	0.366	0.009
Manganese, Mn.....mg	1.243	0.033	5	A	1		1.528	0.352	0.009
Selenium, Se.....µg	10.0	0.836	10	A	1		12.3	2.8	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.0	0.750	6	A	1		3.7	0.9	0.0
Thiamin.....mg	0.695	0.145	5	A	1		0.855	0.197	0.005
Riboflavin.....mg	0.234	0.076	5	A	1		0.288	0.066	0.002
Niacin.....mg	1.373	0.053	5	A	1		1.688	0.389	0.010
Pantothenic acid.....mg	0.513	0.012	4	A	1		0.630	0.145	0.004
Vitamin B-6.....mg	1.122	0.311	13	A	1		1.380	0.318	0.008
Folate, total.....µg	51	0.500	5	A	1		62	14	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	51	0.500	5	A	1		62	14	0
Folate, DFE.....µg	51		0	NC	4		62	14	0
Choline, total.....mg	71.4	0.986	8	AS	1		87.9	20.2	0.5
Betaine.....mg	0.8	0.043	8	A	1		1.0	0.2	0.0
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	13		0	AS	1		16	4	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	159	44.743	15	A	1		196	45	1
Carotene, alpha.....µg	0	0.000	12	A	1		0	0	0
Cryptoxanthin, beta.....µg	0	0.000	8	A	1		0	0	0
Vitamin A, IU.....IU	266		0	AS	1		327	75	2
Lycopene.....µg	0	0.000	8	A	1		0	0	0
Lutein + zeaxanthin.....µg	1160	48.536	9	A	1		1427	329	8
Vitamin E (alpha-tocopherol).....mg	2.17	0.356	9	A	1		2.67	0.62	0.02
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.13	0.039	9	A	1		0.16	0.04	0.00
Tocopherol, gamma.....mg	23.42	2.531	9	A	1		28.81	6.64	0.16
Tocopherol, delta.....mg	0.55	0.161	9	A	1		0.67	0.15	0.00
Tocotrienol, alpha.....mg	0.29	0.220	4	A	1		0.36	0.08	0.00
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00



Nuts, pistachio nuts, dry roasted, without salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	3.14	1.350	4	A	1		3.86	0.89	0.02
Tocotrienol, delta.....mg	0.08	0.045	4	A	1		0.09	0.02	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	13.2	0.287	8	A	1		16.3	3.7	0.1
Dihydrophyloquinone.....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.645		0	NC	4		6.944	1.600	0.040
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
13:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
14:0.....g	0.012	0.013	9	A	1		0.015	0.003	0.000
15:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:0.....g	4.994	0.152	9	A	1		6.143	1.416	0.035
17:0.....g	0.011	0.011	6	A	1		0.013	0.003	0.000
18:0.....g	0.558	0.060	9	A	1		0.686	0.158	0.004
20:0.....g	0.033	0.018	9	A	1		0.041	0.009	0.000
22:0.....g	0.026	0.014	9	A	1		0.032	0.007	0.000
24:0.....g	0.011	0.012	6	A	1		0.014	0.003	0.000
Fatty acids, total monounsaturated.....g	24.534		0	NC	4		30.177	6.956	0.172
14:1.....g	0.005	0.005	6	A	1		0.006	0.001	0.000
15:1.....g	0.009		2	A	1		0.012	0.003	0.000
16:1 undifferentiated.....g	0.464	0.014	9	A	1		0.571	0.132	0.003
17:1.....g	0.020		2	A	1		0.024	0.006	0.000
18:1 undifferentiated.....g	23.926	0.832	9	A	1		29.429	6.783	0.167
18:1 c.....g									
18:1 t.....g	0.000		2	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.106	0.057	9	A	1		0.130	0.030	0.001
22:1 undifferentiated.....g	0.005	0.005	6	A	1		0.006	0.001	0.000
24:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	13.346		0	NC	4		16.416	3.784	0.093
18:2 undifferentiated.....g	13.125	0.259	9	JA	6		16.143	3.721	0.092
18:2 n-6 c,c,c.....g	13.125	0.046	4	A	1		16.143	3.721	0.092
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000		2	A	1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.212	0.024	10	JA	6		0.261	0.060	0.001
18:3 n-3 c,c,c (ALA).....g	0.212		3	A	1		0.261	0.060	0.001
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c,c.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.005	0.005	6	A	1		0.006	0.001	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.005	0.005	6	A	1		0.006	0.001	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000

NDB No. 12152

Nuts, pistachio nuts, dry roasted, without salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Stigmasterol.....mg	2	0.284	8	A	1	3	1	0	
Campesterol.....mg	10	0.268	8	A	1	13	3	0	
Beta-sitosterol.....mg	210	5.097	8	A	1	259	60	1	
<b>Amino Acids:</b>									
Tryptophan.....g	0.262		0	A	1	0.323	0.074	0.002	
Threonine.....g	0.714		0	A	1	0.878	0.202	0.005	
Isoleucine.....g	0.957		0	A	1	1.177	0.271	0.007	
Leucine.....g	1.675		0	A	1	2.060	0.475	0.012	
Lysine.....g	1.189		0	A	1	1.462	0.337	0.008	
Methionine.....g	0.375		0	A	1	0.462	0.106	0.003	
Cystine.....g	0.305		0	A	1	0.375	0.086	0.002	
Phenylalanine.....g	1.140		0	A	1	1.402	0.323	0.008	
Tyrosine.....g	0.531		0	A	1	0.653	0.151	0.004	
Valine.....g	1.305		0	A	1	1.605	0.370	0.009	
Arginine.....g	2.228		0	A	1	2.741	0.632	0.016	
Histidine.....g	0.535		0	A	1	0.657	0.152	0.004	
Alanine.....g	1.016		0	A	1	1.250	0.288	0.007	
Aspartic acid.....g	1.968		0	A	1	2.420	0.558	0.014	
Glutamic acid.....g	4.490		0	A	1	5.523	1.273	0.031	
Glycine.....g	1.054		0	A	1	1.296	0.299	0.007	
Proline.....g	0.980		0	A	1	1.205	0.278	0.007	
Serine.....g	1.340		0	A	1	1.648	0.380	0.009	
Hydroxyproline.....g	0.096		1	A	1	0.118	0.027	0.001	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	0	
Theobromine.....mg	0		0	Z	7	0	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

- Measure 1 = 123g: 1 cup
- Measure 2 = 28.35g: 1 oz (49 kernels)
- Measure 3 = 0.7g: 1 kernel

**Footnotes:**

1 Additional phytosterols total 89 mg/100 g; these include delta 5-avenasterol (26.2), sitostanol (2.3), campestanol (4.9), and other minor phytosterols (55.6 mg).

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12151  
 Nuts, pistachio nuts, raw (1)  
*Pistacia vera*

Refuse:47% Shells

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.37	0.473	10	A	1		5.37	1.24	0.03
Energy.....kcal	560		0	NC	4		689	159	4
Energy.....kJ	2342		0	NC	4		2881	664	16
Protein (N x 5.3).....g	20.16	0.217	11	A	1		24.80	5.72	0.14
Total lipid (fat).....g	45.32	0.961	10	A	1		55.74	12.85	0.32
Ash.....g	2.99	0.109	10	A	1		3.67	0.85	0.02
Carbohydrate, by difference.....g	27.17		0	NC	4		33.42	7.70	0.19
Fiber, total dietary.....g	10.6	0.361	10	A	1		13.0	3.0	0.1
Sugars, total.....g	7.66	0.178	9	A	1		9.42	2.17	0.05
Sucrose.....g	6.87	0.145	9	A	1		8.45	1.95	0.05
Glucose (dextrose).....g	0.32	0.078	9	A	1		0.39	0.09	0.00
Fructose.....g	0.24	0.081	9	A	1		0.30	0.07	0.00
Lactose.....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Maltose.....g	0.17	0.047	9	A	1		0.20	0.05	0.00
Galactose.....g									
Starch.....g	1.67		1	A	1		2.05	0.47	0.01
<b>Minerals:</b>									
Calcium, Ca.....mg	105	2.408	9	A	1		129	30	1
Iron, Fe.....mg	3.92	0.247	9	A	1		4.82	1.11	0.03
Magnesium, Mg.....mg	121		1	A	1		149	34	1
Phosphorus, P.....mg	490		1	A	1		603	139	3
Potassium, K.....mg	1025	64.643	8	A	1		1261	291	7
Sodium, Na.....mg	1		2	A	1		2	0	0
Zinc, Zn.....mg	2.20		1	A	1		2.71	0.62	0.02
Copper, Cu.....mg	1.300		1	A	1		1.599	0.369	0.009
Manganese, Mn.....mg	1.200		1	A	1		1.476	0.340	0.008
Selenium, Se.....µg	7.0		1	A	1		8.6	2.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.6		2	A	1		6.9	1.6	0.0
Thiamin.....mg	0.870		1	A	1		1.070	0.247	0.006
Riboflavin.....mg	0.160		1	A	1		0.197	0.045	0.001
Niacin.....mg	1.300		1	A	1		1.599	0.369	0.009
Pantothenic acid.....mg	0.520		1	A	1		0.640	0.147	0.004
Vitamin B-6.....mg	1.700		1	A	1		2.091	0.482	0.012
Folate, total.....µg	51		1	A	1		62	14	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	51		1	A	1		62	14	0
Folate, DFE.....µg	51		0	NC	4		62	14	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	26		0	AS	1		32	7	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	305	54.217	4	A	1		375	86	2
Carotene, alpha.....µg	10	10.000	3	A	1		12	3	0
Cryptoxanthin, beta.....µg	0		1	A	1		0	0	0
Vitamin A, IU.....IU	516		0	AS	1		635	146	4
Lycopene.....µg									
Lutein + zeaxanthin.....µg	2903		2	A	1		3571	823	20
Vitamin E (alpha-tocopherol).....mg	2.86		2	A	1		3.52	0.81	0.02
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	20.41		2	A	1		25.10	5.79	0.14
Tocopherol, delta.....mg	0.80		1	A	1		0.98	0.23	0.01
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg	1.67		1	A	1		2.05	0.47	0.01
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		

NDB No. 12151  
Nuts, pistachio nuts, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3).....µg	0.0			Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....µg	0		0	Z	7	0	0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.907		0	NC	4	7.266	1.675	0.041	
4:0.....g	0.000		0	Z	7	0.000	0.000	0.000	
6:0.....g	0.012		1	A	1	0.015	0.003	0.000	
8:0.....g	0.000		2	A	1	0.000	0.000	0.000	
10:0.....g	0.004		2	A	1	0.005	0.001	0.000	
12:0.....g	0.000		2	A	1	0.000	0.000	0.000	
13:0.....g	0.000		1	A	1	0.000	0.000	0.000	
14:0.....g	0.019		2	A	1	0.024	0.005	0.000	
15:0.....g	0.000		2	A	1	0.000	0.000	0.000	
16:0.....g	5.265		2	A	1	6.477	1.493	0.037	
17:0.....g	0.009		2	A	1	0.011	0.002	0.000	
18:0.....g	0.478		2	A	1	0.588	0.136	0.003	
20:0.....g	0.046		2	A	1	0.057	0.013	0.000	
22:0.....g	0.040		2	A	1	0.049	0.011	0.000	
24:0.....g	0.000		2	A	1	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	23.257		0	NC	4	28.607	6.593	0.163	
14:1.....g	0.000		2	A	1	0.000	0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.495		2	A	1	0.609	0.140	0.003	
17:1.....g									
18:1 undifferentiated.....g	22.674		2	A	1	27.889	6.428	0.159	
20:1.....g	0.089		2	A	1	0.109	0.025	0.001	
22:1 undifferentiated.....g	0.000		2	A	1	0.000	0.000	0.000	
24:1 c.....g	0.000		1	A	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	14.380		0	NC	4	17.688	4.077	0.101	
18:2 undifferentiated.....g	14.091		2	A	1	17.332	3.995	0.099	
18:2 n-6 c,c.....g	14.091		1	A	1	17.332	3.995	0.099	
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.289	0.042	3	A	1	0.356	0.082	0.002	
18:4.....g	0.000		0	Z	7	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000	
20:5 n-3 (EPA).....g	0.000		1	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g	0.000		1	A	1	0.000	0.000	0.000	
Cholesterol.....mg	0		0	Z	7	0	0	0	
Phytosterols.....mg	214		1		1	263	61	1	
Stigmasterol.....mg	5		1	A	1	7	2	0	
Campesterol.....mg	10		1	A	1	13	3	0	
Beta-sitosterol.....mg	198		1	A	1	243	56	1	
<b>Amino Acids:</b>									
Tryptophan.....g	0.251		0	A	1	0.309	0.071	0.002	
Threonine.....g	0.684		0	A	1	0.841	0.194	0.005	
Isoleucine.....g	0.917		0	A	1	1.127	0.260	0.006	
Leucine.....g	1.604		0	A	1	1.972	0.455	0.011	
Lysine.....g	1.138		0	A	1	1.400	0.323	0.008	
Methionine.....g	0.360		0	A	1	0.442	0.102	0.003	
Cystine.....g	0.292		0	A	1	0.359	0.083	0.002	

**NDB No. 12151**  
**Nuts, pistachio nuts, raw (1)**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Phenylalanine.....g	1.092		0	A	1	1.343	0.309	0.008
Tyrosine.....g	0.509		0	A	1	0.626	0.144	0.004
Valine.....g	1.249		0	A	1	1.537	0.354	0.009
Arginine.....g	2.134		0	A	1	2.625	0.605	0.015
Histidine.....g	0.512		0	A	1	0.630	0.145	0.004
Alanine.....g	0.973		0	A	1	1.197	0.276	0.007
Aspartic acid.....g	1.884		0	A	1	2.318	0.534	0.013
Glutamic acid.....g	4.300		0	A	1	5.289	1.219	0.030
Glycine.....g	1.009		0	A	1	1.241	0.286	0.007
Proline.....g	0.938		0	A	1	1.154	0.266	0.007
Serine.....g	1.283		0	A	1	1.578	0.364	0.009
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

- Measure 1 = 123g: 1 cup
- Measure 2 = 28.35g: 1 oz (49 kernels)
- Measure 3 = 0.7g: 1 kernel

**Footnotes:**

- 1 Unroasted

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12154

Nuts, walnuts, black, dried (1)

Juglans nigra

Refuse:76% Shells

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Deriv					
<b>Proximates:</b>									
Water.....g	4.56	0.199	11	A	1	5.70	0.36	1.29	
Energy.....kcal	619		0	NC	4	774	48	176	
Energy.....kJ	2590		0	NC	4	3238	202	734	
Protein (N x 5.3).....g	24.06	0.287	11	A	1	30.08	1.88	6.82	
Total lipid (fat).....g	59.33	1.436	34	A	1	74.17	4.63	16.82	
Ash.....g	2.47	0.142	11	A	1	3.09	0.19	0.70	
Carbohydrate, by difference.....g	9.58		0	NC	4	11.97	0.75	2.72	
Fiber, total dietary.....g	6.8		2	A	1	8.5	0.5	1.9	
Sugars, total.....g	1.10		1	A	1	1.38	0.09	0.31	
Sucrose.....g	1.00		1	A	1	1.25	0.08	0.28	
Glucose (dextrose).....g	0.05		1	A	1	0.06	0.00	0.01	
Fructose.....g	0.05		1	A	1	0.06	0.00	0.01	
Lactose.....g	0.00		1	A	1	0.00	0.00	0.00	
Maltose.....g	0.00		1	A	1	0.00	0.00	0.00	
Galactose.....g									
Starch.....g	0.24		1	A	1	0.30	0.02	0.07	
<b>Minerals:</b>									
Calcium, Ca.....mg	61	2.800	16	A	1	76	5	17	
Iron, Fe.....mg	3.12	0.045	16	A	1	3.89	0.24	0.88	
Magnesium, Mg.....mg	201	1.000	16	A	1	251	16	57	
Phosphorus, P.....mg	513	49.000	16	A	1	641	40	145	
Potassium, K.....mg	523	1.000	16	A	1	654	41	148	
Sodium, Na.....mg	2	1.040	13	A	1	3	0	1	
Zinc, Zn.....mg	3.37	0.050	16	A	1	4.21	0.26	0.96	
Copper, Cu.....mg	1.360	0.340	16	A	1	1.700	0.106	0.386	
Manganese, Mn.....mg	3.896	0.376	16	A	1	4.869	0.304	1.104	
Selenium, Se.....µg	17.0		1	A	1	21.3	1.3	4.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.7		1	A	1	2.1	0.1	0.5	
Thiamin.....mg	0.057		1	A	1	0.071	0.004	0.016	
Riboflavin.....mg	0.130		1	A	1	0.163	0.010	0.037	
Niacin.....mg	0.470		1	A	1	0.588	0.037	0.133	
Pantothenic acid.....mg	1.660		1	A	1	2.075	0.129	0.471	
Vitamin B-6.....mg	0.583		1	A	1	0.729	0.045	0.165	
Folate, total.....µg	31		1	A	1	39	2	9	
Folic acid.....µg	0		0	Z	7	0	0	0	
Folate, food.....µg	31		1	A	1	39	2	9	
Folate, DFE.....µg	31		0	NC	4	39	2	9	
Choline, total.....mg	32.1		0	AS	1	40.1	2.5	9.1	
Betaine.....mg	0.5		1	A	1	0.7	0.0	0.2	
Vitamin B-12.....µg	0.00		0	Z	7	0.00	0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00	0.00	
Vitamin A, RAE.....µg	2		1	A	1	3	0	1	
Retinol.....µg	0		0	Z	7	0	0	0	
Carotene, beta.....µg	24		1	A	1	30	2	7	
Carotene, alpha.....µg	0		1	A	1	0	0	0	
Cryptoxanthin, beta.....µg	0		0	BFZN	4	0	0	0	
Vitamin A, IU.....IU	40		1	A	1	50	3	11	
Lycopene.....µg	0		0	BFZN	4	0	0	0	
Lutein + zeaxanthin.....µg	9		0	BFZN	4	11	1	3	
Vitamin E (alpha-tocopherol).....mg	2.08	0.275	4	A	1	2.59	0.16	0.59	
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00	
Tocopherol, beta.....mg	0.01	0.005	4	A	1	0.01	0.00	0.00	
Tocopherol, gamma.....mg	28.78	0.295	4	A	1	35.97	2.24	8.16	
Tocopherol, delta.....mg	1.51	0.065	4	A	1	1.88	0.12	0.43	
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1	0.00	0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1	0.00	0.00	0.00	

NDB No. 12154  
Nuts, walnuts, black, dried (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Tocotrienol, gamma.....mg	0.70	0.695	4	A	1		0.87	0.05	0.20
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	2.7		0	BFZN	4		3.3	0.2	0.8
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.483		0	NC	4		4.353	0.272	0.987
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	1.934	0.118	9	A	1		2.417	0.151	0.548
17:0.....g	0.000		1	A	1		0.000	0.000	0.000
18:0.....g	1.549	0.108	9	A	1		1.936	0.121	0.439
20:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:0.....g									
Fatty acids, total monounsaturated.....g	15.442		0	NC	4		19.303	1.205	4.378
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.042	0.023	6	A	1		0.053	0.003	0.012
17:1.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	15.128	1.656	10	A	1		18.910	1.180	4.289
20:1.....g	0.272	0.158	6	A	1		0.340	0.021	0.077
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	36.437		0	NC	4		45.546	2.842	10.330
18:2 undifferentiated.....g	33.760	0.723	10	JA	6		42.200	2.633	9.571
18:2 n-6 c,c.....g	33.760		3	A	1		42.200	2.633	9.571
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	2.677	0.629	9	JA	6		3.347	0.209	0.759
18:3 n-3 c,c,c (ALA).....g	2.677	0.022	4	A	1		3.347	0.209	0.759
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	A	1		0	0	0
Phytosterols.....mg									
Stigmasterol.....mg	1	0.325	4	A	1		1	0	0
Campesterol.....mg	5	0.205	4	A	1		6	0	1
Beta-sitosterol.....mg	115	0.865	4	A	1		144	9	33

NDB No. 12154

Nuts, walnuts, black, dried (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Amino Acids:</b>									
Tryptophan.....g	0.318		0	A	1		0.398	0.025	0.090
Threonine.....g	0.721		0	A	1		0.902	0.056	0.205
Isoleucine.....g	0.966		0	A	1		1.208	0.075	0.274
Leucine.....g	1.684		0	A	1		2.105	0.131	0.477
Lysine.....g	0.713		0	A	1		0.891	0.056	0.202
Methionine.....g	0.467		0	A	1		0.584	0.036	0.133
Cystine.....g	0.462		0	A	1		0.578	0.036	0.131
Phenylalanine.....g	1.094		0	A	1		1.367	0.085	0.310
Tyrosine.....g	0.740		0	A	1		0.925	0.058	0.210
Valine.....g	1.271		0	A	1		1.589	0.099	0.360
Arginine.....g	3.618		0	A	1		4.522	0.282	1.026
Histidine.....g	0.672		0	A	1		0.840	0.052	0.191
Alanine.....g	1.048		0	A	1		1.311	0.082	0.297
Aspartic acid.....g	2.433		0	A	1		3.041	0.190	0.690
Glutamic acid.....g	5.152		0	A	1		6.439	0.402	1.460
Glycine.....g	1.189		0	A	1		1.486	0.093	0.337
Proline.....g	0.926		0	A	1		1.157	0.072	0.263
Serine.....g	1.225		0	A	1		1.532	0.096	0.347
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 125g: 1 cup, chopped

Measure 2 = 7.8g: 1 tbsp

Measure 3 = 28.35g: 1 oz

**Footnotes:**

1 Additional phytosterols total 57 mg/100 g; these include delta 5-avenasterol + sitostanol (28.7) and other minor sterols (28.3).

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 12157

Nuts, walnuts, dry roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.357		0	LC	8		1.500		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.001		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.001		0	FLC	4		0.000		
15:0.....g									
16:0.....g	3.851		0	FLC	4		1.078		
17:0.....g									
18:0.....g	1.448		0	FLC	4		0.406		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.371		0	FLC	4		2.344		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	8.244		0	FLC	4		2.308		
20:1.....g	0.125		0	FLC	4		0.035		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	44.182		0	FLC	4		12.371		
18:2 undifferentiated.....g	35.688		0	FLC	4		9.993		
18:3 undifferentiated.....g	8.493		0	FLC	4		2.378		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0	
Vitamin D.....µg	0		0	Z	7	0	0	0	
Vitamin K (phylloquinone).....µg	2.7	0.253	8	A	1	3.1	2.1	0.7	
Dihydrophyloquinone.....µg	0.0	0.005	8	A	1	0.0	0.0	0.0	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.126		0	NC	4	7.167	4.901	1.715	
4:0.....g	0.000		0	Z	7	0.000	0.000	0.000	
6:0.....g	0.000		0	Z	7	0.000	0.000	0.000	
8:0.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
10:0.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
12:0.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
13:0.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
14:0.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
15:0.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
16:0.....g	4.404	0.095	7	A	1	5.152	3.523	1.233	
17:0.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
18:0.....g	1.659	0.035	7	A	1	1.941	1.327	0.465	
20:0.....g	0.063	0.000	7	A	1	0.073	0.050	0.018	
22:0.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
24:0.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	8.933		0	NC	4	10.451	7.146	2.501	
14:1.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	8.799	0.138	7	A	1	10.294	7.039	2.464	
20:1.....g	0.134	0.008	7	A	1	0.157	0.107	0.038	
22:1 undifferentiated.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
24:1 c.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	47.174		0	NC	4	55.193	37.739	13.209	
18:2 undifferentiated.....g	38.093	0.304	7	A	1	44.569	30.475	10.666	
18:3 undifferentiated.....g	9.080	0.179	7	A	1	10.624	7.264	2.543	
18:4.....g	0.000		0	Z	7	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7	0	0	0	
Phytosterols.....mg									
Stigmasterol.....mg	0	0.000	4	A	1	0	0	0	
Campesterol.....mg	5	0.143	4	A	1	6	4	1	
Beta-sitosterol.....mg	87	3.003	4	A	1	102	70	24	
<b>Amino Acids:</b>									
Tryptophan.....g	0.170		0	A	1	0.199	0.136	0.048	
Threonine.....g	0.596		0	A	1	0.697	0.477	0.167	
Isoleucine.....g	0.625		0	A	1	0.731	0.500	0.175	
Leucine.....g	1.170		0	A	1	1.369	0.936	0.328	
Lysine.....g	0.424		0	A	1	0.497	0.339	0.119	
Methionine.....g	0.236		0	A	1	0.276	0.189	0.066	
Cystine.....g	0.208		0	A	1	0.244	0.167	0.058	
Phenylalanine.....g	0.711		0	A	1	0.832	0.569	0.199	
Tyrosine.....g	0.406		0	A	1	0.475	0.325	0.114	
Valine.....g	0.753		0	A	1	0.881	0.602	0.211	
Arginine.....g	2.278		0	A	1	2.665	1.822	0.638	
Histidine.....g	0.391		0	A	1	0.457	0.313	0.109	

NDB No. 12155  
Nuts, walnuts, english (1, 2)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Points	Code				
Alanine.....g	0.696		0	A	1		0.814	0.557	0.195
Aspartic acid.....g	1.829		0	A	1		2.140	1.464	0.512
Glutamic acid.....g	2.816		0	A	1		3.294	2.252	0.788
Glycine.....g	0.816		0	A	1		0.954	0.653	0.228
Proline.....g	0.706		0	A	1		0.826	0.565	0.198
Serine.....g	0.934		0	A	1		1.093	0.747	0.261
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 117g: 1 cup, chopped

Measure 2 = 80g: 1 cup, ground

Measure 3 = 28g: 1 cup, in shell, edible yield (7 nuts)

**Footnotes:**

1 Unroasted

2 Other phytosterols total 18.2 mg/100g; these include delta 5-avenasterol (7.3), campestanol (2.3), and other minor phytosterols (8.6 mg).

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 12156

Nuts, walnuts, glazed

---

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28g: 1 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12003

Seeds, breadfruit seeds, boiled

Refuse:64% Soft shells

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	59.30		1		1		16.81		
Energy.....kcal	168		0	NC	4		48		
Energy.....kJ	703				4		199		
Protein (N x 5.3).....g	5.30		1		1		1.50		
Total lipid (fat).....g	2.30		1		1		0.65		
Ash.....g	1.10		1		1		0.31		
Carbohydrate, by difference.....g	32.00		0	NC	4		9.07		
Fiber, total dietary.....g	4.8		0	BFSN	4		1.4		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	61		0		1		17		
Iron, Fe.....mg	0.60		0		1		0.17		
Magnesium, Mg.....mg	50		0		4		14		
Phosphorus, P.....mg	124		0		1		35		
Potassium, K.....mg	875		0		4		248		
Sodium, Na.....mg	23		0		4		7		
Zinc, Zn.....mg	0.83		0		4		0.24		
Copper, Cu.....mg	1.069		0		4		0.303		
Manganese, Mn.....mg	0.132		0		4		0.037		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.1		0		4		1.7		
Thiamin.....mg	0.290		0		1		0.082		
Riboflavin.....mg	0.170		0		1		0.048		
Niacin.....mg	5.300		0		1		1.503		
Pantothenic acid.....mg	0.816		0		4		0.231		
Vitamin B-6.....mg	0.298		0		4		0.084		
Folate, total.....µg	49		0		4		14		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	49		0		4		14		
Folate, DFE.....µg	49		0	NC	4		14		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	12		0		4		3		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	238		0		4		67		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**



**NDB No. 12003**  
**Seeds, breadfruit seeds, boiled**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	0.621		0			1		0.176	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.411		0			1		0.117	
17:0.....g									
18:0.....g	0.210		0			1		0.060	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.293		0			1		0.083	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0			1		0.003	
17:1.....g									
18:1 undifferentiated.....g	0.281		0			1		0.080	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.225		0			1		0.347	
18:2 undifferentiated.....g	0.942		0			1		0.267	
18:3 undifferentiated.....g	0.283		0			1		0.080	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7		0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.088		0			1		0.025	
Threonine.....g	0.276		0			1		0.078	
Isoleucine.....g	0.317		0			1		0.090	
Leucine.....g	0.403		0			1		0.114	
Lysine.....g	0.408		0			1		0.116	
Methionine.....g	0.069		0			1		0.020	
Cystine.....g	0.083		0			1		0.024	
Phenylalanine.....g	0.571		0			1		0.162	
Tyrosine.....g	0.390		0			1		0.111	
Valine.....g	0.383		0			1		0.109	
Arginine.....g	0.354		0			1		0.100	
Histidine.....g	0.148		0			1		0.042	
Alanine.....g	0.241		0			1		0.068	
Aspartic acid.....g	0.585		0			1		0.166	
Glutamic acid.....g	0.742		0			1		0.210	
Glycine.....g	0.333		0			1		0.094	
Proline.....g	0.264		0			1		0.075	
Serine.....g	0.355		0			1		0.101	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12003**

**Seeds, breadfruit seeds, boiled**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

**NDB No. 12001**  
**Seeds, breadfruit seeds, raw**  
*Artocarpus altilis*

Refuse:32% Shells

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	56.27		1		1		15.95		
Energy.....kcal	191		0	NC	4		54		
Energy.....kJ	799				4		227		
Protein (N x 5.3).....g	7.40		1		1		2.10		
Total lipid (fat).....g	5.59		1		1		1.58		
Ash.....g	1.50		1		1		0.43		
Carbohydrate, by difference.....g	29.24		0	NC	4		8.29		
Fiber, total dietary.....g	5.2		0	BFCN	4		1.5		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	36		0		1		10		
Iron, Fe.....mg	3.67		0		1		1.04		
Magnesium, Mg.....mg	54		0		4		15		
Phosphorus, P.....mg	175		0		1		50		
Potassium, K.....mg	941		0		4		267		
Sodium, Na.....mg	25		0		4		7		
Zinc, Zn.....mg	0.90		0		4		0.26		
Copper, Cu.....mg	1.148		0		4		0.325		
Manganese, Mn.....mg	0.142		0		4		0.040		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.6		0		1		1.9		
Thiamin.....mg	0.482		0		1		0.137		
Riboflavin.....mg	0.301		0		1		0.085		
Niacin.....mg	0.438		0		1		0.124		
Pantothenic acid.....mg	0.877		0		1		0.249		
Vitamin B-6.....mg	0.320		0		4		0.091		
Folate, total.....µg	53		0		4		15		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	53		0		4		15		
Folate, DFE.....µg	53		0	NC	4		15		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	13		0		1		4		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	256		0		1		73		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

**NDB No. 12001**  
**Seeds, breadfruit seeds, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number	Source	<u>measures of food</u>				
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total saturated.....g	1.509		0	1		0.428			
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.999		1	1		0.283			
17:0.....g									
18:0.....g	0.510		1	1		0.145			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.712		0	1		0.202			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		1	1		0.009			
17:1.....g									
18:1 undifferentiated.....g	0.682		1	1		0.193			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.977		0	1		0.844			
18:2 undifferentiated.....g	2.290		1	1		0.649			
18:3 undifferentiated.....g	0.687		1	1		0.195			
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7	0			
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.123		2	1		0.035			
Threonine.....g	0.385		1	1		0.109			
Isoleucine.....g	0.443		1	1		0.126			
Leucine.....g	0.563		1	1		0.160			
Lysine.....g	0.570		1	1		0.162			
Methionine.....g	0.096		1	1		0.027			
Cystine.....g	0.116		1	1		0.033			
Phenylalanine.....g	0.797		1	1		0.226			
Tyrosine.....g	0.544		1	1		0.154			
Valine.....g	0.535		1	1		0.152			
Arginine.....g	0.494		1	1		0.140			
Histidine.....g	0.207		1	1		0.059			
Alanine.....g	0.336		1	1		0.095			
Aspartic acid.....g	0.817		1	1		0.232			
Glutamic acid.....g	1.036		1	1		0.294			
Glycine.....g	0.465		1	1		0.132			
Proline.....g	0.369		1	1		0.105			
Serine.....g	0.496		1	1		0.141			
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12001**

**Seeds, breadfruit seeds, raw**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12158  
 Seeds, breadfruit seeds, roasted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	49.70		1		1		14.09		
Energy.....kcal	207		0	NC	4		59		
Energy.....kJ	866				4		246		
Protein (N x 5.3).....g	6.20		1		1		1.76		
Total lipid (fat).....g	2.70		1		1		0.77		
Ash.....g	1.30		1		1		0.37		
Carbohydrate, by difference.....g	40.10		0	NC	4		11.37		
Fiber, total dietary.....g	6.0		0	BFSN	4		1.7		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	86		0		1		24		
Iron, Fe.....mg	0.90		0		1		0.26		
Magnesium, Mg.....mg	62		0		4		18		
Phosphorus, P.....mg	175		0		1		50		
Potassium, K.....mg	1082		0		4		307		
Sodium, Na.....mg	28		0		4		8		
Zinc, Zn.....mg	1.03		0		4		0.29		
Copper, Cu.....mg	1.321		0		4		0.375		
Manganese, Mn.....mg	0.163		0		4		0.046		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	7.6		0		4		2.2		
Thiamin.....mg	0.410		0		1		0.116		
Riboflavin.....mg	0.240		0		1		0.068		
Niacin.....mg	7.400		0		1		2.098		
Pantothenic acid.....mg	1.009		0		4		0.286		
Vitamin B-6.....mg	0.420		0		4		0.119		
Folate, total.....µg	59		0		4		17		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	59		0		4		17		
Folate, DFE.....µg	59		0	NC	4		17		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	15		0		4		4		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	294		0		4		83		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

**NDB No. 12158**  
**Seeds, breadfruit seeds, roasted**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.729		0		1		0.207
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g							
15:0.....g							
16:0.....g	0.483		0		1		0.137
17:0.....g							
18:0.....g	0.246		0		1		0.070
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.344		0		1		0.098
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.015		0		1		0.004
17:1.....g							
18:1 undifferentiated.....g	0.329		0		1		0.093
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.438		0		1		0.408
18:2 undifferentiated.....g	1.106		0		1		0.314
18:3 undifferentiated.....g	0.332		0		1		0.094
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7		0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.103		0		1		0.029
Threonine.....g	0.323		0		1		0.092
Isoleucine.....g	0.371		0		1		0.105
Leucine.....g	0.472		0		1		0.134
Lysine.....g	0.477		0		1		0.135
Methionine.....g	0.081		0		1		0.023
Cystine.....g	0.097		0		1		0.027
Phenylalanine.....g	0.668		0		1		0.189
Tyrosine.....g	0.456		0		1		0.129
Valine.....g	0.448		0		1		0.127
Arginine.....g	0.414		0		1		0.117
Histidine.....g	0.173		0		1		0.049
Alanine.....g	0.282		0		1		0.080
Aspartic acid.....g	0.684		0		1		0.194
Glutamic acid.....g	0.868		0		1		0.246
Glycine.....g	0.390		0		1		0.111
Proline.....g	0.309		0		1		0.088
Serine.....g	0.415		0		1		0.118
Hydroxyproline.....g							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12158**

**Seeds, breadfruit seeds, roasted**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 12005

Seeds, breadnut tree seeds, dried

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.50		0		1		10.40	1.84	
Energy.....kcal	367		0	NC	4		587	104	
Energy.....kJ	1536		0		4		2457	435	
Protein (N x 5.3).....g	8.62		0		1		13.79	2.44	
Total lipid (fat).....g	1.68		0		1		2.69	0.48	
Ash.....g	3.81		0		1		6.10	1.08	
Carbohydrate, by difference.....g	79.39		0	NC	4		127.02	22.51	
Fiber, total dietary.....g	14.9		0		4		23.8	4.2	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	94		0		1		150	27	
Iron, Fe.....mg	4.60		0		1		7.36	1.30	
Magnesium, Mg.....mg	115		0		4		184	33	
Phosphorus, P.....mg	178		0		1		285	50	
Potassium, K.....mg	2011		0		4		3218	570	
Sodium, Na.....mg	53		0		4		85	15	
Zinc, Zn.....mg	1.91		0		4		3.06	0.54	
Copper, Cu.....mg	2.455		0		4		3.928	0.696	
Manganese, Mn.....mg	0.303		0		4		0.485	0.086	
Selenium, Se.....µg	1.9		0	BFSN	4		3.0	0.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	46.6		0		1		74.6	13.2	
Thiamin.....mg	0.030		0		1		0.048	0.009	
Riboflavin.....mg	0.140		0		1		0.224	0.040	
Niacin.....mg	2.100		0		1		3.360	0.595	
Pantothenic acid.....mg	1.875		0		4		3.000	0.532	
Vitamin B-6.....mg	0.685		0		4		1.096	0.194	
Folate, total.....µg	113		0		4		181	32	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	113		0		4		181	32	
Folate, DFE.....µg	113		0	NC	4		181	32	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	11		0		1		17	3	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	216		0		1		346	61	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 12005

Seeds, breadnut tree seeds, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.454		0		1	0.726	0.129
4:0.....g	0.000		0		1	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000
8:0.....g	0.000		0		1	0.000	0.000
10:0.....g	0.000		0		1	0.000	0.000
12:0.....g	0.000		0		1	0.000	0.000
13:0.....g							
14:0.....g	0.000		0		1	0.000	0.000
15:0.....g							
16:0.....g	0.301		0		1	0.482	0.085
17:0.....g							
18:0.....g	0.154		0		1	0.246	0.044
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.214		0		1	0.342	0.061
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.009		0		1	0.014	0.003
17:1.....g							
18:1 undifferentiated.....g	0.205		0		1	0.328	0.058
20:1.....g	0.000		0		1	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.896		0		1	1.434	0.254
18:2 undifferentiated.....g	0.690		0		1	1.104	0.196
18:3 undifferentiated.....g	0.207		0		1	0.331	0.059
18:4.....g	0.000		0		1	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.234		0		1	0.374	0.066
Threonine.....g	0.335		0		1	0.536	0.095
Isoleucine.....g	0.488		0		1	0.781	0.138
Leucine.....g	0.935		0		1	1.496	0.265
Lysine.....g	0.376		0		1	0.602	0.107
Methionine.....g	0.050		0		1	0.080	0.014
Cystine.....g	0.135		0		1	0.216	0.038
Phenylalanine.....g	0.407		0		1	0.651	0.115
Tyrosine.....g	0.634		0		1	1.014	0.180
Valine.....g	0.834		0		1	1.334	0.236
Arginine.....g	0.793		0		1	1.269	0.225
Histidine.....g	0.132		0		1	0.211	0.037
Alanine.....g	0.392		0		1	0.627	0.111
Aspartic acid.....g	0.951		0		1	1.522	0.270
Glutamic acid.....g	5.206		0		1	8.330	1.476
Glycine.....g	0.541		0		1	0.866	0.153
Proline.....g	0.429		0		1	0.686	0.122
Serine.....g	0.577		0		1	0.923	0.164
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg							
Theobromine.....mg							

NDB No. 12005

Seeds, breadnut tree seeds, dried

---

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 160g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12004

Seeds, breadnut tree seeds, raw

*Brosimum alicastrum*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	45.00		2		1		12.76		
Energy.....kcal	217		0	NC	4		62		
Energy.....kJ	908		0		4		257		
Protein (N x 5.3).....g	5.97		1		1		1.69		
Total lipid (fat).....g	0.99		0		1		0.28		
Ash.....g	1.76		1		1		0.50		
Carbohydrate, by difference.....g	46.28		0	NC	4		13.12		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	98		1		1		28		
Iron, Fe.....mg	2.09		1		1		0.59		
Magnesium, Mg.....mg	68		0		4		19		
Phosphorus, P.....mg	67		1		1		19		
Potassium, K.....mg	1183		0		4		335		
Sodium, Na.....mg	31		0		4		9		
Zinc, Zn.....mg	1.13		0		4		0.32		
Copper, Cu.....mg	1.444		0		4		0.409		
Manganese, Mn.....mg	0.178		0		4		0.050		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	27.4		1		1		7.8		
Thiamin.....mg	0.055		1		1		0.016		
Riboflavin.....mg	0.055		1		1		0.016		
Niacin.....mg	0.880		1		1		0.249		
Pantothenic acid.....mg	1.103		0		4		0.313		
Vitamin B-6.....mg	0.403		0		4		0.114		
Folate, total.....µg	66		0		4		19		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	66		0		4		19		
Folate, DFE.....µg	66		0	NC	4		19		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	12		1		1		4		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	248		1		1		70		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 12004**  
**Seeds, breadnut tree seeds, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	0.267		0			1			0.076
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.177		0			1			0.050
17:0.....g									
18:0.....g	0.090		0			1			0.026
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.126		0			1			0.036
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0			1			0.001
17:1.....g									
18:1 undifferentiated.....g	0.121		0			1			0.034
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.527		0			1			0.149
18:2 undifferentiated.....g	0.406		0			1			0.115
18:3 undifferentiated.....g	0.122		0			1			0.035
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7			0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.162		1			1			0.046
Threonine.....g	0.232		1			1			0.066
Isoleucine.....g	0.338		1			1			0.096
Leucine.....g	0.647		1			1			0.183
Lysine.....g	0.260		1			1			0.074
Methionine.....g	0.035		1			1			0.010
Cystine.....g	0.093		0			1			0.026
Phenylalanine.....g	0.282		1			1			0.080
Tyrosine.....g	0.439		0			1			0.124
Valine.....g	0.578		1			1			0.164
Arginine.....g	0.549		1			1			0.156
Histidine.....g	0.091		1			1			0.026
Alanine.....g	0.271		0			1			0.077
Aspartic acid.....g	0.659		0			1			0.187
Glutamic acid.....g	0.835		0			1			0.237
Glycine.....g	0.375		0			1			0.106
Proline.....g	0.297		0			1			0.084
Serine.....g	0.400		0			1			0.113
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12004**

**Seeds, breadnut tree seeds, raw**

**Common Measures:**

Measure 1 = 28.35g: 1 oz (8-14 seeds)

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12006  
 Seeds, chia seeds, dried  
*Salvia hispanica*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	5.80		1	A	1		1.64		
Energy.....kcal	486		0	NC	4		138		
Energy.....kJ	2034		0	NC	4		577		
Protein (N x 5.3).....g	16.54	1.238	21	A	1		4.69		
Total lipid (fat).....g	30.74	0.786	24	A	1		8.72		
Ash.....g	4.80		1	A	1		1.36		
Carbohydrate, by difference.....g	42.12		0	NC	4		11.94		
Fiber, total dietary.....g	34.4		2	AI	13		9.8		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	631		2	A	1		179		
Iron, Fe.....mg	7.72		2	AI	13		2.19		
Magnesium, Mg.....mg	335		2	AI	13		95		
Phosphorus, P.....mg	860	93.335	4	JA	6		244		
Potassium, K.....mg	407	246.430	3	JA	6		115		
Sodium, Na.....mg	16	3.020	3	JA	6		4		
Zinc, Zn.....mg	4.58	1.097	3	JA	6		1.30		
Copper, Cu.....mg	0.924	0.736	3	JA	6		0.262		
Manganese, Mn.....mg	2.723	0.557	3	JA	6		0.772		
Selenium, Se.....µg	55.2		2	AI	13		15.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.6		2	AI	13		0.5		
Thiamin.....mg	0.620		2	AI	13		0.176		
Riboflavin.....mg	0.170		2	AI	13		0.048		
Niacin.....mg	8.830		2	AI	13		2.503		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	49		2	AI	13		14		
Folic acid.....µg									
Folate, food.....µg	49		2	AI	13		14		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	54		2	AI	13		15		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.50		1	AI	13		0.14		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.330		0	NC	4				

**NDB No. 12006**  
**Seeds, chia seeds, dried**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.330			NC	4		0.944		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.030		1	A	1		0.009		
15:0.....g	0.030		1	A	1		0.009		
16:0.....g	2.170	0.079	24	A	1		0.615		
17:0.....g	0.063		1	A	1		0.018		
18:0.....g	0.912	0.031	24	A	1		0.259		
20:0.....g	0.093		2	A	1		0.026		
22:0.....g	0.032		1	A	1		0.009		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.309		0	NC	4		0.655		
14:1.....g	0.030		1	A	1		0.009		
15:1.....g									
16:1 undifferentiated.....g	0.029	0.002	9	A	1		0.008		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	2.203	0.122	23	A	1		0.625		
20:1.....g	0.046		2	A	1		0.013		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	23.665		0	NC	4		6.709		
18:2 undifferentiated.....g	5.835	0.283	24	A	1		1.654		
18:2 n-6 c,c.....g	5.835		2	AI	13		1.654		
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	17.830	0.722	24	A	1		5.055		
18:3 n-3 c,c,c (ALA).....g	17.830		2	AI	13		5.055		
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.140		2	AI	13		0.040		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.436		0	A	1		0.124		
Threonine.....g	0.709		0	A	1		0.201		
Isoleucine.....g	0.801		0	A	1		0.227		
Leucine.....g	1.371		0	A	1		0.389		
Lysine.....g	0.970		0	A	1		0.275		
Methionine.....g	0.588		0	A	1		0.167		
Cystine.....g	0.407		0	A	1		0.115		
Phenylalanine.....g	1.016		0	A	1		0.288		
Tyrosine.....g	0.563		0	A	1		0.160		
Valine.....g	0.950		0	A	1		0.269		
Arginine.....g	2.143		0	A	1		0.607		
Histidine.....g	0.531		0	A	1		0.150		
Alanine.....g	1.044		0	A	1		0.296		



**NDB No. 12006**  
**Seeds, chia seeds, dried**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Aspartic acid.....g	1.689		0	A	1	0.479		
Glutamic acid.....g	3.500		0	A	1	0.992		
Glycine.....g	0.943		0	A	1	0.267		
Proline.....g	0.776		0	A	1	0.220		
Serine.....g	1.049		0	A	1	0.297		
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12008

Seeds, cottonseed flour, low fat (glandless)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.90	0.246	7		1		1.96		
Energy.....kcal	332		0	NC	4		94		
Energy.....kJ	1389				4		394		
Protein (N x 5.3).....g	49.83	0.663	6		1		14.13		
Total lipid (fat).....g	1.41	0.449	6		1		0.40		
Ash.....g	5.76	0.735	5		1		1.63		
Carbohydrate, by difference.....g	36.10		0	NC	4		10.23		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	474		2		1		134		
Iron, Fe.....mg	12.58		2		1		3.57		
Magnesium, Mg.....mg	716		2		1		203		
Phosphorus, P.....mg	1587		2		1		450		
Potassium, K.....mg	1761		2		1		499		
Sodium, Na.....mg	35		2		1		10		
Zinc, Zn.....mg	11.61		2		1		3.29		
Copper, Cu.....mg	1.172		0		1		0.332		
Manganese, Mn.....mg	2.129		0		4		0.604		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.4		2		1		0.7		
Thiamin.....mg	2.089		2		1		0.592		
Riboflavin.....mg	0.396		2		1		0.112		
Niacin.....mg	4.039		1		1		1.145		
Pantothenic acid.....mg	0.445		2		1		0.126		
Vitamin B-6.....mg	0.764		2		1		0.217		
Folate, total.....µg	228		0		4		65		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	228		0		4		65		
Folate, DFE.....µg	228		0	NC	4		65		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	22		2		1		6		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	432		2		1		122		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Seeds, cottonseed flour, low fat (glandless)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.310		0		1		0.088		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.011		0		1		0.003		
15:0.....g									
16:0.....g	0.269		0		1		0.076		
17:0.....g									
18:0.....g	0.027		0		1		0.008		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.221		0		1		0.063		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.211		0		1		0.060		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.577		0		1		0.164		
18:2 undifferentiated.....g	0.570		0		1		0.162		
18:3 undifferentiated.....g	0.002		0		1		0.001		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.752		0		1		0.213		
Threonine.....g	1.843		0		1		0.522		
Isoleucine.....g	1.796		0		1		0.509		
Leucine.....g	3.404		0		1		0.965		
Lysine.....g	2.529		0		1		0.717		
Methionine.....g	0.809		0		1		0.229		
Cystine.....g	1.307		0		1		0.371		
Phenylalanine.....g	3.103		0		1		0.880		
Tyrosine.....g	1.796		0		1		0.509		
Valine.....g	2.557		0		1		0.725		
Arginine.....g	6.732		0		1		1.909		
Histidine.....g	1.570		0		1		0.445		
Alanine.....g	2.313		0		1		0.656		
Aspartic acid.....g	5.425		0		1		1.538		
Glutamic acid.....g	12.476		0		1		3.537		
Glycine.....g	2.416		0		1		0.685		
Proline.....g	2.125		0		1		0.602		
Serine.....g	2.492		0		1		0.706		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12008**

**Seeds, cottonseed flour, low fat (glandless)**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12007

Seeds, cottonseed flour, partially defatted (glandless)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.30		1		1		5.92	0.32	
Energy.....kcal	359		0	NC	4		337	18	
Energy.....kJ	1502				4		1412	75	
Protein (N x 5.3).....g	40.96		1		1		38.50	2.05	
Total lipid (fat).....g	6.20		1		1		5.83	0.31	
Ash.....g	6.00		1		1		5.64	0.30	
Carbohydrate, by difference.....g	40.54		0	NC	4		38.11	2.03	
Fiber, total dietary.....g	3.0		0		4		2.8	0.2	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	478		0		1		449	24	
Iron, Fe.....mg	12.66		0		1		11.90	0.63	
Magnesium, Mg.....mg	721		0		1		678	36	
Phosphorus, P.....mg	1597		0		1		1501	80	
Potassium, K.....mg	1772		0		1		1666	89	
Sodium, Na.....mg	35		0		1		33	2	
Zinc, Zn.....mg	11.69		0		1		10.99	0.58	
Copper, Cu.....mg	1.180		0		1		1.109	0.059	
Manganese, Mn.....mg	2.143		0		4		2.014	0.107	
Selenium, Se.....µg	5.6		0	BFZN	4		5.3	0.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.4		0		4		2.3	0.1	
Thiamin.....mg	2.102		0		4		1.976	0.105	
Riboflavin.....mg	0.399		0		4		0.375	0.020	
Niacin.....mg	4.065		0		4		3.821	0.203	
Pantothenic acid.....mg	0.448		0		4		0.421	0.022	
Vitamin B-6.....mg	0.769		0		4		0.723	0.038	
Folate, total.....µg	229		0		4		216	11	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	229		0		4		216	11	
Folate, DFE.....µg	229		0	NC	4		216	11	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	22		0		4		20	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	434		0		4		408	22	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Seeds, cottonseed flour, partially defatted (glandless)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	1.588		0		1	1.493	0.079
4:0.....g	0.000		0		1	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000
8:0.....g	0.000		0		1	0.000	0.000
10:0.....g	0.000		0		1	0.000	0.000
12:0.....g	0.000		0		1	0.000	0.000
13:0.....g							
14:0.....g	0.056		0		1	0.053	0.003
15:0.....g							
16:0.....g	1.381		0		1	1.298	0.069
17:0.....g							
18:0.....g	0.140		0		1	0.132	0.007
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.133		0		1	1.065	0.057
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.042		0		1	0.039	0.002
17:1.....g							
18:1 undifferentiated.....g	1.082		0		1	1.017	0.054
20:1.....g	0.000		0		1	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	2.958		0		1	2.781	0.148
18:2 undifferentiated.....g	2.925		0		1	2.750	0.146
18:3 undifferentiated.....g	0.011		0		1	0.010	0.001
18:4.....g	0.000		0		1	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.618		0		1	0.581	0.031
Threonine.....g	1.515		0		1	1.424	0.076
Isoleucine.....g	1.476		0		1	1.387	0.074
Leucine.....g	2.798		0		1	2.630	0.140
Lysine.....g	2.079		0		1	1.954	0.104
Methionine.....g	0.665		0		1	0.625	0.033
Cystine.....g	1.074		0		1	1.010	0.054
Phenylalanine.....g	2.550		0		1	2.397	0.128
Tyrosine.....g	1.476		0		1	1.387	0.074
Valine.....g	2.102		0		1	1.976	0.105
Arginine.....g	5.533		0		1	5.201	0.277
Histidine.....g	1.291		0		1	1.214	0.065
Alanine.....g	1.901		0		1	1.787	0.095
Aspartic acid.....g	4.459		0		1	4.191	0.223
Glutamic acid.....g	10.255		0		1	9.640	0.513
Glycine.....g	1.986		0		1	1.867	0.099
Proline.....g	1.747		0		1	1.642	0.087
Serine.....g	2.048		0		1	1.925	0.102
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg							
Theobromine.....mg							

NDB No. 12007

Seeds, cottonseed flour, partially defatted (glandless)

---

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 94g: 1 cup

Measure 2 = 5.0g: 1 tbsp

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12160

Seeds, cottonseed kernels, roasted (glandless)

*Gossypium spp.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.65		1		1		6.93	0.47	
Energy.....kcal	506		0	NC	4		754	51	
Energy.....kJ	2117				4		3154	212	
Protein (N x 5.3).....g	32.59		2		1		48.56	3.26	
Total lipid (fat).....g	36.29		2		1		54.07	3.63	
Ash.....g	4.58		1		1		6.82	0.46	
Carbohydrate, by difference.....g	21.90		0	NC	4		32.63	2.19	
Fiber, total dietary.....g	5.5		0		4		8.2	0.6	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	100		0		1		149	10	
Iron, Fe.....mg	5.40		0		1		8.05	0.54	
Magnesium, Mg.....mg	440		0		1		656	44	
Phosphorus, P.....mg	800		0		1		1192	80	
Potassium, K.....mg	1350		1		1		2012	135	
Sodium, Na.....mg	25		1		1		37	3	
Zinc, Zn.....mg	6.00		0		1		8.94	0.60	
Copper, Cu.....mg	1.200		0		1		1.788	0.120	
Manganese, Mn.....mg	2.181		0		4		3.250	0.218	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.0		0		1		13.4	0.9	
Thiamin.....mg	0.750		0		1		1.118	0.075	
Riboflavin.....mg	0.255		0		1		0.380	0.026	
Niacin.....mg	3.000		0		1		4.470	0.300	
Pantothenic acid.....mg	0.456		0		4		0.679	0.046	
Vitamin B-6.....mg	0.782		0		4		1.165	0.078	
Folate, total.....µg	233		0		4		348	23	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	233		0		4		348	23	
Folate, DFE.....µg	233		0	NC	4		348	23	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	22		0		4		33	2	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	442		0		4		659	44	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									





NDB No. 12160

Seeds, cottonseed kernels, roasted (glandless)

---

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 149g: 1 cup

Measure 2 = 10.0g: 1 tbsp

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12011

Seeds, cottonseed meal, partially defatted (glandless)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.20		1		1		0.34		
Energy.....kcal	367		0	NC	4		104		
Energy.....kJ	1536				4		435		
Protein (N x 5.3).....g	49.10		1		1		13.92		
Total lipid (fat).....g	4.77		1		1		1.35		
Ash.....g	6.50		1		1		1.84		
Carbohydrate, by difference.....g	38.43		0	NC	4		10.89		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	504		0		1		143		
Iron, Fe.....mg	13.35		0		1		3.78		
Magnesium, Mg.....mg	760		0		1		215		
Phosphorus, P.....mg	1684		0		1		477		
Potassium, K.....mg	1869		0		1		530		
Sodium, Na.....mg	37		0		1		10		
Zinc, Zn.....mg	12.32		0		1		3.49		
Copper, Cu.....mg	0.001		0		1		0.000		
Manganese, Mn.....mg	2.260		0		4		0.641		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.5		0		4		0.7		
Thiamin.....mg	2.217		0		4		0.629		
Riboflavin.....mg	0.420		0		4		0.119		
Niacin.....mg	4.286		0		4		1.215		
Pantothenic acid.....mg	0.472		0		4		0.134		
Vitamin B-6.....mg	0.811		0		4		0.230		
Folate, total.....µg	242		0		4		69		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	242		0		4		69		
Folate, DFE.....µg	242		0	NC	4		69		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	23		0		4		6		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	458		0		4		130		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

## Seeds, cottonseed meal, partially defatted (glandless)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.207		0		1		0.342		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.042		0		1		0.012		
15:0.....g									
16:0.....g	1.049		0		1		0.297		
17:0.....g									
18:0.....g	0.106		0		1		0.030		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.861		0		1		0.244		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.032		0		1		0.009		
17:1.....g									
18:1 undifferentiated.....g	0.823		0		1		0.233		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.248		0		1		0.637		
18:2 undifferentiated.....g	2.223		0		1		0.630		
18:3 undifferentiated.....g	0.009		0		1		0.003		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.741		0		1		0.210		
Threonine.....g	1.816		0		1		0.515		
Isoleucine.....g	1.769		0		1		0.502		
Leucine.....g	3.354		0		1		0.951		
Lysine.....g	2.492		0		1		0.706		
Methionine.....g	0.797		0		1		0.226		
Cystine.....g	1.288		0		1		0.365		
Phenylalanine.....g	3.057		0		1		0.867		
Tyrosine.....g	1.769		0		1		0.502		
Valine.....g	2.520		0		1		0.714		
Arginine.....g	6.633		0		1		1.880		
Histidine.....g	1.547		0		1		0.439		
Alanine.....g	2.279		0		1		0.646		
Aspartic acid.....g	5.345		0		1		1.515		
Glutamic acid.....g	12.293		0		1		3.485		
Glycine.....g	2.381		0		1		0.675		
Proline.....g	2.094		0		1		0.594		
Serine.....g	2.455		0		1		0.696		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12011**

**Seeds, cottonseed meal, partially defatted (glandless)**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12220  
 Seeds, flaxseed (1, 2)  
*Linum usitatissimum*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.96	1.636	3	A	1		0.72	11.69	0.49
Energy.....kcal	534		0	NC	4		55	897	37
Energy.....kJ	2234		0	NC	4		230	3753	156
Protein (N x 5.3).....g	18.29	0.917	7	A	1		1.88	30.72	1.28
Total lipid (fat).....g	42.16	3.188	6	A	1		4.34	70.83	2.95
Ash.....g	3.72	0.026	3	A	1		0.38	6.25	0.26
Carbohydrate, by difference.....g	28.88		0	NC	4		2.97	48.51	2.02
Fiber, total dietary.....g	27.3	0.323	3	A	1		2.8	45.8	1.9
Sugars, total.....g	1.55		0	AS	1		0.16	2.60	0.11
Sucrose.....g	1.15	0.310	3	A	1		0.12	1.93	0.08
Glucose (dextrose).....g	0.40	0.190	3	A	1		0.04	0.67	0.03
Fructose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	255	35.614	7	A	1		26	429	18
Iron, Fe.....mg	5.73	0.555	7	A	1		0.59	9.62	0.40
Magnesium, Mg.....mg	392	20.100	7	A	1		40	658	27
Phosphorus, P.....mg	642	20.250	3	A	1		66	1079	45
Potassium, K.....mg	813	9.340	7	A	1		84	1366	57
Sodium, Na.....mg	30	3.989	7	A	1		3	50	2
Zinc, Zn.....mg	4.34	0.118	7	A	1		0.45	7.30	0.30
Copper, Cu.....mg	1.220	0.075	7	A	1		0.126	2.049	0.085
Manganese, Mn.....mg	2.482	0.186	7	A	1		0.256	4.169	0.174
Selenium, Se.....µg	25.4		2	A	1		2.6	42.7	1.8
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6	0.108	3	A	1		0.1	1.1	0.0
Thiamin.....mg	1.644	1.111	3	A	1		0.169	2.762	0.115
Riboflavin.....mg	0.161	0.071	3	A	1		0.017	0.270	0.011
Niacin.....mg	3.080	0.130	3	A	1		0.317	5.174	0.216
Pantothenic acid.....mg	0.985	0.415	3	A	1		0.101	1.655	0.069
Vitamin B-6.....mg	0.473	0.138	3	A	1		0.049	0.794	0.033
Folate, total.....µg	87	24.975	3	A	1		9	146	6
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	87	24.975	3	A	1		9	146	6
Folate, DFE.....µg	87		0	NC	4		9	146	6
Choline, total.....mg	78.7		0	AS	1		8.1	132.2	5.5
Betaine.....mg	3.1		1	A	1		0.3	5.2	0.2
Vitamin B-12.....µg	0.00		1	A	1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0	0.000	3	A	1		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0	0.000	3	A	1		0	0	0
Carotene, alpha.....µg	0	0.000	3	A	1		0	0	0
Cryptoxanthin, beta.....µg	0		2	A	1		0	0	0
Vitamin A, IU.....IU	0	0.000	3	A	1		0	0	0
Lycopene.....µg	0		2	A	1		0	0	0
Lutein + zeaxanthin.....µg	651	52.611	9	A	1		67	1094	46
Vitamin E (alpha-tocopherol).....mg	0.31	0.006	6	A	1		0.03	0.52	0.02
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	19.95	5.066	6	A	1		2.05	33.51	1.40
Tocopherol, delta.....mg	0.35	0.131	6	A	1		0.04	0.58	0.02
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00

**NDB No. 12220**  
**Seeds, flaxseed (1, 2)**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number			measures of food			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	4.3		2	A	1		0.4	7.1	0.3
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.663		0	NC	4		0.377	6.153	0.256
4:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0.....g	0.000		2	A	1		0.000	0.000	0.000
10:0.....g	0.000		2	A	1		0.000	0.000	0.000
12:0.....g	0.000		2	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.008	0.008	3	A	1		0.001	0.013	0.001
15:0.....g	0.005		1	A	1		0.001	0.009	0.000
16:0.....g	2.165	0.191	7	A	1		0.223	3.638	0.152
17:0.....g	0.018		1	A	1		0.002	0.030	0.001
18:0.....g	1.330	0.064	7	A	1		0.137	2.235	0.093
20:0.....g	0.052	0.005	3	A	1		0.005	0.087	0.004
22:0.....g	0.052	0.011	3	A	1		0.005	0.088	0.004
24:0.....g	0.031	0.001	3	A	1		0.003	0.053	0.002
Fatty acids, total monounsaturated.....g	7.527		0	NC	4		0.775	12.645	0.527
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.024	0.006	3	A	1		0.002	0.040	0.002
17:1.....g									
18:1 undifferentiated.....g	7.359	0.132	7	JA	6		0.758	12.362	0.515
20:1.....g	0.067	0.016	3	A	1		0.007	0.112	0.005
22:1 undifferentiated.....g	0.013	0.013	3	A	1		0.001	0.023	0.001
24:1 c.....g	0.064	0.056	3	A	1		0.007	0.108	0.005
Fatty acids, total polyunsaturated.....g	28.730		0	NC	4		2.959	48.266	2.011
18:2 undifferentiated.....g	5.903	0.341	7	JA	6		0.608	9.917	0.413
18:3 undifferentiated.....g	22.813	1.439	7	JA	6		2.350	38.326	1.597
18:4.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.007	0.007	3	A	1		0.001	0.013	0.001
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Stigmasterol.....mg	11		2	A	1		1	19	1
Campesterol.....mg	45		2	A	1		5	76	3
Beta-sitosterol.....mg	90		2	A	1		9	151	6
<b>Amino Acids:</b>									
Tryptophan.....g	0.297		0	A	1		0.031	0.499	0.021
Threonine.....g	0.766		0	A	1		0.079	1.287	0.054
Isoleucine.....g	0.896		0	A	1		0.092	1.505	0.063
Leucine.....g	1.235		0	A	1		0.127	2.075	0.086
Lysine.....g	0.862		0	A	1		0.089	1.449	0.060
Methionine.....g	0.370		0	A	1		0.038	0.622	0.026
Cystine.....g	0.340		0	A	1		0.035	0.572	0.024
Phenylalanine.....g	0.957		0	A	1		0.099	1.608	0.067
Tyrosine.....g	0.493		0	A	1		0.051	0.828	0.035
Valine.....g	1.072		0	A	1		0.110	1.800	0.075

**NDB No. 12220**  
**Seeds, flaxseed (1, 2)**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Arginine.....g	1.925		0	A	1	0.198	3.235	0.135
Histidine.....g	0.472		0	A	1	0.049	0.793	0.033
Alanine.....g	0.925		0	A	1	0.095	1.553	0.065
Aspartic acid.....g	2.046		0	A	1	0.211	3.437	0.143
Glutamic acid.....g	4.039		0	A	1	0.416	6.785	0.283
Glycine.....g	1.248		0	A	1	0.129	2.096	0.087
Proline.....g	0.806		0	A	1	0.083	1.355	0.056
Serine.....g	0.970		0	A	1	0.100	1.630	0.068
Hydroxyproline.....g	0.175		2	A	1	0.018	0.294	0.012
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 10.3g: 1 tbsp, whole

Measure 2 = 168g: 1 cup, whole

Measure 3 = 7.0g: 1 tbsp, ground

**Footnotes:**

1 Up to 12 percent flax seed can safely be used as an ingredient in food.

2 Other phytosterols = 49.0 mg/100g; these include delta 5-avenasterol (21.2), campestanol (2.8), brassicasterol (1.1) and other minor phytosterols (23.9 mg).

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)





**NDB No. 12012**  
**Seeds, hemp seed, hulled**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D.....µg									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.600		2	MA	12		1.380		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	2.866		2	MA	12		0.860		
17:0.....g									
18:0.....g	1.244		2	MA	12		0.373		
20:0.....g	0.312		2	MA	12		0.094		
22:0.....g	0.121		1	MA	12		0.036		
24:0.....g	0.056		1	MA	12		0.017		
Fatty acids, total monounsaturated.....g	5.400		2	MA	12		1.620		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	5.276		2	JA	6		1.583		
18:1 c.....g	5.023		1	MA	12		1.507		
18:1 t.....g									
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.124		1	MA	12		0.037		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	38.100		2	MA	12		11.430		
18:2 undifferentiated.....g	27.459		0	AS	1		8.238		
18:2 n-6 c,c.....g	27.358		2	MA	12		8.207		
18:2 CLAs.....g	0.202		1	MA	12		0.061		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	10.024		0	AS	1		3.007		
18:3 n-3 c,c,c (ALA).....g	8.684		2	MA	12		2.605		
18:3 n-6 c,c,c.....g	1.340		2	MA	12		0.402		
18:3i.....g									
18:4.....g	0.617		1	MA	12		0.185		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		1	MA	12		0.000		
Cholesterol.....mg	0		2	MA	12		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.369		0	JA	6		0.111		
Threonine.....g	1.269		0	JA	6		0.381		
Isoleucine.....g	1.286		0	JA	6		0.386		
Leucine.....g	2.163		0	JA	6		0.649		

**NDB No. 12012**  
**Seeds, hemp seed, hulled**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Lysine.....g	1.276		0	JA	6	0.383		
Methionine.....g	0.933		0	JA	6	0.280		
Cystine.....g	0.672		0	JA	6	0.201		
Phenylalanine.....g	1.447		0	JA	6	0.434		
Tyrosine.....g	1.263		0	JA	6	0.379		
Valine.....g	1.777		0	JA	6	0.533		
Arginine.....g	4.550		0	JA	6	1.365		
Histidine.....g	0.969		0	JA	6	0.291		
Alanine.....g	1.528		0	JA	6	0.458		
Aspartic acid.....g	3.662		0	JA	6	1.099		
Glutamic acid.....g	6.269		0	JA	6	1.881		
Glycine.....g	1.611		0	JA	6	0.483		
Proline.....g	1.597		0	JA	6	0.479		
Serine.....g	1.713		0	JA	6	0.514		
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 3 tbsp

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

**NDB No. 12013**  
**Seeds, lotus seeds, dried**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	14.16		2		1		4.53	4.01	
Energy.....kcal	332		0	NC	4		106	94	
Energy.....kJ	1389				4		445	394	
Protein (N x 5.3).....g	15.41		2		1		4.93	4.37	
Total lipid (fat).....g	1.97		2		1		0.63	0.56	
Ash.....g	3.99		2		1		1.28	1.13	
Carbohydrate, by difference.....g	64.47		0	NC	4		20.63	18.28	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	163		2		1		52	46	
Iron, Fe.....mg	3.53		2		1		1.13	1.00	
Magnesium, Mg.....mg	210		1		1		67	60	
Phosphorus, P.....mg	626		2		1		200	177	
Potassium, K.....mg	1368		1		1		438	388	
Sodium, Na.....mg	5		1		1		2	1	
Zinc, Zn.....mg	1.05		0		4		0.34	0.30	
Copper, Cu.....mg	0.350		0		4		0.112	0.099	
Manganese, Mn.....mg	2.318		0		4		0.742	0.657	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.640		1		1		0.205	0.181	
Riboflavin.....mg	0.150		1		1		0.048	0.043	
Niacin.....mg	1.600		1		1		0.512	0.454	
Pantothenic acid.....mg	0.851		0		4		0.272	0.241	
Vitamin B-6.....mg	0.629		0		4		0.201	0.178	
Folate, total.....µg	104		0		4		33	29	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	104		0		4		33	29	
Folate, DFE.....µg	104		0	NC	4		33	29	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	3		1		1		1	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	50		1		1		16	14	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 12013**  
**Seeds, lotus seeds, dried**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.330		0		1		0.106	0.094	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.004		0		1		0.001	0.001	
15:0.....g									
16:0.....g	0.288		0		1		0.092	0.082	
17:0.....g									
18:0.....g									
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.388		0		1		0.124	0.110	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.230		0		1		0.074	0.065	
20:1.....g	0.043		0		1		0.014	0.012	
22:1 undifferentiated.....g	0.115		0		1		0.037	0.033	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.166		0		1		0.373	0.331	
18:2 undifferentiated.....g	1.064		0		1		0.340	0.302	
18:3 undifferentiated.....g	0.102		0		1		0.033	0.029	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.221		0		1		0.071	0.063	
Threonine.....g	0.747		0		1		0.239	0.212	
Isoleucine.....g	0.765		0		1		0.245	0.217	
Leucine.....g	1.215		0		1		0.389	0.344	
Lysine.....g	0.985		0		1		0.315	0.279	
Methionine.....g	0.267		0		1		0.085	0.076	
Cystine.....g	0.201		0		1		0.064	0.057	
Phenylalanine.....g	0.767		0		1		0.245	0.217	
Tyrosine.....g	0.375		0		1		0.120	0.106	
Valine.....g	0.991		0		1		0.317	0.281	
Arginine.....g	1.262		0		1		0.404	0.358	
Histidine.....g	0.430		0		1		0.138	0.122	
Alanine.....g	0.892		0		1		0.285	0.253	
Aspartic acid.....g	1.884		0		1		0.603	0.534	
Glutamic acid.....g	3.570		0		1		1.142	1.012	
Glycine.....g	0.826		0		1		0.264	0.234	
Proline.....g	1.285		0		1		0.411	0.364	
Serine.....g	0.939		0		1		0.300	0.266	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12013**

**Seeds, lotus seeds, dried**

**Common Measures:**

Measure 1 = 32g: 1 cup

Measure 2 = 28.35g: 1 oz (42 medium seeds)

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12205  
 Seeds, lotus seeds, raw  
*Nelumbo spp.*

Refuse:47% Shells

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	77.00		0		1		21.83		
Energy.....kcal	89		0	NC	4		25		
Energy.....kJ	372				4		106		
Protein (N x 5.3).....g	4.13		0		1		1.17		
Total lipid (fat).....g	0.53		0		1		0.15		
Ash.....g	1.07		0		1		0.30		
Carbohydrate, by difference.....g	17.28		0	NC	4		4.90		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	44		0		1		12		
Iron, Fe.....mg	0.95		0		1		0.27		
Magnesium, Mg.....mg	56		0		1		16		
Phosphorus, P.....mg	168		0		1		48		
Potassium, K.....mg	367		0		1		104		
Sodium, Na.....mg	1		0		1		0		
Zinc, Zn.....mg	0.28		0		4		0.08		
Copper, Cu.....mg	0.094		0		4		0.027		
Manganese, Mn.....mg	0.621		0		4		0.176		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.171		0		1		0.048		
Riboflavin.....mg	0.040		0		1		0.011		
Niacin.....mg	0.429		0		1		0.122		
Pantothenic acid.....mg	0.228		0		4		0.065		
Vitamin B-6.....mg	0.168		0		4		0.048		
Folate, total.....µg	28		0		4		8		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	28		0		4		8		
Folate, DFE.....µg	28		0	NC	4		8		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	1		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	13		0		1		4		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 12205**  
**Seeds, lotus seeds, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.088		0		1		0.025		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.001		1		1		0.000		
15:0.....g									
16:0.....g	0.077		1		1		0.022		
17:0.....g									
18:0.....g									
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.104		0		1		0.029		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.062		1		1		0.018		
20:1.....g	0.012		1		1		0.003		
22:1 undifferentiated.....g	0.031		1		1		0.009		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.312		0		1		0.088		
18:2 undifferentiated.....g	0.285		1		1		0.081		
18:3 undifferentiated.....g	0.027		1		1		0.008		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.059		6		1		0.017		
Threonine.....g	0.200		6		1		0.057		
Isoleucine.....g	0.205		6		1		0.058		
Leucine.....g	0.326		6		1		0.092		
Lysine.....g	0.264		6		1		0.075		
Methionine.....g	0.072		6		1		0.020		
Cystine.....g	0.054		6		1		0.015		
Phenylalanine.....g	0.206		6		1		0.058		
Tyrosine.....g	0.100		6		1		0.028		
Valine.....g	0.266		6		1		0.075		
Arginine.....g	0.338		6		1		0.096		
Histidine.....g	0.115		6		1		0.033		
Alanine.....g	0.239		6		1		0.068		
Aspartic acid.....g	0.505		6		1		0.143		
Glutamic acid.....g	0.957		6		1		0.271		
Glycine.....g	0.221		6		1		0.063		
Proline.....g	0.344		6		1		0.098		
Serine.....g	0.252		6		1		0.071		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.



**NDB No. 12205**

**Seeds, lotus seeds, raw**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12014

Seeds, pumpkin and squash seed kernels, dried

pepitas  
 Refuse:26% Hulls

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	5.23	0.577	3	A	1		6.75	1.48	
Energy.....kcal	559		0	NC	4		721	158	
Energy.....kJ	2339		0	NC	4		3017	663	
Protein (N x 5.3).....g	30.23	0.586	3	A	1		38.99	8.57	
Total lipid (fat).....g	49.05	0.640	3	A	1		63.27	13.90	
Ash.....g	4.78	0.078	3	A	1		6.17	1.36	
Carbohydrate, by difference.....g	10.71		0	NC	4		13.82	3.04	
Fiber, total dietary.....g	6.0	0.186	3	A	1		7.7	1.7	
Sugars, total.....g	1.40	0.066	3	A	1		1.80	0.40	
Sucrose.....g	1.13	0.059	3	A	1		1.45	0.32	
Glucose (dextrose).....g	0.13	0.052	3	A	1		0.16	0.04	
Fructose.....g	0.15	0.072	3	A	1		0.19	0.04	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	1.47	0.088	3	A	1		1.89	0.42	
<b>Minerals:</b>									
Calcium, Ca.....mg	46	0.639	3	A	1		59	13	
Iron, Fe.....mg	8.82	0.442	3	A	1		11.37	2.50	
Magnesium, Mg.....mg	592	7.055	3	A	1		764	168	
Phosphorus, P.....mg	1233	21.858	3	A	1		1591	350	
Potassium, K.....mg	809	15.344	3	A	1		1044	229	
Sodium, Na.....mg	7	0.000	3	A	1		10	2	
Zinc, Zn.....mg	7.81	0.189	3	A	1		10.08	2.21	
Copper, Cu.....mg	1.343	0.017	3	A	1		1.733	0.381	
Manganese, Mn.....mg	4.543	0.170	3	A	1		5.861	1.288	
Selenium, Se.....µg	9.4		2	A	1		12.1	2.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.9		0		4		2.5	0.5	
Thiamin.....mg	0.273	0.029	3	A	1		0.353	0.077	
Riboflavin.....mg	0.153	0.003	3	A	1		0.198	0.043	
Niacin.....mg	4.987	0.179	3	A	1		6.433	1.414	
Pantothenic acid.....mg	0.750		1	A	1		0.968	0.213	
Vitamin B-6.....mg	0.143	0.003	3	A	1		0.185	0.041	
Folate, total.....µg	58		0		4		74	16	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	58		0		4		74	16	
Folate, DFE.....µg	58		0	NC	4		74	16	
Choline, total.....mg	63.0		0	BFZN	4		81.3	17.9	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	1		1	A	1		1	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	9		1	A	1		11	2	
Carotene, alpha.....µg	1		1	A	1		1	0	
Cryptoxanthin, beta.....µg	1		1	A	1		1	0	
Vitamin A, IU.....IU	16		1	A	1		21	5	
Lycopene.....µg	0		1	A	1		1	0	
Lutein + zeaxanthin.....µg	74		1	A	1		95	21	
Vitamin E (alpha-tocopherol).....mg	2.18	0.017	3	A	1		2.82	0.62	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.03	0.028	3	A	1		0.05	0.01	
Tocopherol, gamma.....mg	35.10	0.904	3	A	1		45.28	9.95	
Tocopherol, delta.....mg	0.44	0.042	3	A	1		0.57	0.13	
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	

Seeds, pumpkin and squash seed kernels, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.06	0.063	3	A	1	0.08	0.02		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1	0.00	0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7	0	0		
Vitamin K (phylloquinone).....µg	7.3	0.788	3	A	1	9.4	2.1		
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1	0.0	0.0		
Menaquinone-4.....µg	0.0	0.000	3	A	1	0.0	0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.659		0	NC	4	11.170	2.455		
4:0.....g	0.000	0.000	3	A	1	0.000	0.000		
6:0.....g	0.001	0.000	3	A	1	0.002	0.000		
8:0.....g	0.000	0.000	3	A	1	0.000	0.000		
10:0.....g	0.003	0.000	3	A	1	0.003	0.001		
12:0.....g	0.006	0.000	3	A	1	0.008	0.002		
13:0.....g									
14:0.....g	0.059	0.001	3	A	1	0.076	0.017		
15:0.....g	0.008	0.000	3	A	1	0.010	0.002		
16:0.....g	5.364	0.091	3	A	1	6.919	1.521		
17:0.....g	0.037	0.001	3	A	1	0.048	0.010		
18:0.....g	2.869	0.064	3	A	1	3.701	0.813		
20:0.....g	0.212	0.005	3	A	1	0.273	0.060		
22:0.....g	0.057	0.004	3	A	1	0.073	0.016		
24:0.....g	0.044	0.000	3	A	1	0.057	0.013		
Fatty acids, total monounsaturated.....g	16.242		0	NC	4	20.952	4.605		
14:1.....g	0.000	0.000	3	A	1	0.000	0.000		
15:1.....g	0.000	0.000	3	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.048	0.002	3	AS	1	0.061	0.014		
16:1 c.....g	0.048	0.002	3	A	1	0.061	0.014		
16:1 t.....g	0.000	0.000	3	A	1	0.000	0.000		
17:1.....g	0.000	0.000	3	A	1	0.000	0.000		
18:1 undifferentiated.....g	16.133	0.287	3	AS	1	20.811	4.574		
18:1 c.....g	16.108	0.288	3	A	1	20.779	4.567		
18:1 t.....g	0.025	0.002	3	A	1	0.032	0.007		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.056	0.000	3	A	1	0.072	0.016		
22:1 undifferentiated.....g	0.001	0.001	3	AS	1	0.001	0.000		
22:1 c.....g	0.000	0.000	3	A	1	0.000	0.000		
22:1 t.....g	0.001	0.001	3	A	1	0.001	0.000		
24:1 c.....g	0.005	0.001	3	A	1	0.007	0.002		
Fatty acids, total polyunsaturated.....g	20.976		0	NC	4	27.060	5.947		
18:2 undifferentiated.....g	20.710	0.695	3	AS	1	26.716	5.871		
18:2 n-6 c,c.....g	20.667	0.692	3	A	1	26.661	5.859		
18:2 CLAs.....g	0.004	0.000	3	A	1	0.006	0.001		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.039	0.003	3	A	1	0.050	0.011		
18:3 undifferentiated.....g	0.120	0.002	3	AS	1	0.155	0.034		
18:3 n-3 c,c,c (ALA).....g	0.120	0.002	3	A	1	0.155	0.034		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1	0.000	0.000		
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1	0.000	0.000		
20:2 n-6 c,c.....g	0.004	0.001	3	A	1	0.006	0.001		
20:3 undifferentiated.....g	0.000	0.000	3	AS	1	0.000	0.000		
20:3 n-3.....g	0.000	0.000	3	A	1	0.000	0.000		
20:3 n-6.....g	0.000	0.000	3	A	1	0.000	0.000		
20:4 undifferentiated.....g	0.131	0.001	3	A	1	0.168	0.037		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1	0.000	0.000		
21:5.....g									
22:4.....g	0.006	0.000	3	A	1	0.008	0.002		
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1	0.000	0.000		

NDB No. 12014

Seeds, pumpkin and squash seed kernels, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.000	0.000
Fatty acids, total trans.....g	0.064		0	NC	4	0.083	0.018
Fatty acids, total trans-monoenoic.....g	0.026		0	NC	4	0.033	0.007
Fatty acids, total trans-polyenoic.....g	0.039		0	NC	4	0.050	0.011
Cholesterol.....mg	0		0	Z	7	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.576		0	A	1	0.743	0.163
Threonine.....g	0.998		0	A	1	1.288	0.283
Isoleucine.....g	1.281		0	A	1	1.653	0.363
Leucine.....g	2.419		0	A	1	3.120	0.686
Lysine.....g	1.236		0	A	1	1.594	0.350
Methionine.....g	0.603		0	A	1	0.778	0.171
Cystine.....g	0.332		0	A	1	0.428	0.094
Phenylalanine.....g	1.733		0	A	1	2.236	0.491
Tyrosine.....g	1.093		0	A	1	1.410	0.310
Valine.....g	1.579		0	A	1	2.037	0.448
Arginine.....g	5.353		0	A	1	6.905	1.518
Histidine.....g	0.780		0	A	1	1.006	0.221
Alanine.....g	1.485		0	A	1	1.916	0.421
Aspartic acid.....g	2.960		0	A	1	3.818	0.839
Glutamic acid.....g	6.188		0	A	1	7.982	1.754
Glycine.....g	1.843		0	A	1	2.377	0.522
Proline.....g	1.316		0	A	1	1.697	0.373
Serine.....g	1.673		0	A	1	2.159	0.474
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 129g: 1 cup  
 Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12516

Seeds, pumpkin and squash seed kernels, roasted, with salt added (1)

pepitas

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.03		1	A	1		2.40	0.58	
Energy.....kcal	574		0	NC	4		677	163	
Energy.....kJ	2401		0	NC	4		2834	681	
Protein (N x 5.3).....g	29.84		1	A	1		35.21	8.46	
Total lipid (fat).....g	49.05		1	A	1		57.88	13.91	
Ash.....g	4.37		1		1		5.16	1.24	
Carbohydrate, by difference.....g	14.71		0	NC	4		17.36	4.17	
Fiber, total dietary.....g	6.5		1	A	1		7.7	1.8	
Sugars, total.....g	1.29		1	A	1		1.52	0.37	
Sucrose.....g	1.14		1	A	1		1.35	0.32	
Glucose (dextrose).....g	0.07		1	A	1		0.09	0.02	
Fructose.....g	0.07		1	A	1		0.09	0.02	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g	0.00		1	A	1		0.00	0.00	
Starch.....g	0.74		1	A	1		0.87	0.21	
<b>Minerals:</b>									
Calcium, Ca.....mg	52		2	A	1		61	15	
Iron, Fe.....mg	8.07		2	A	1		9.52	2.29	
Magnesium, Mg.....mg	550		2	A	1		649	156	
Phosphorus, P.....mg	1174		2	A	1		1386	333	
Potassium, K.....mg	788		2	A	1		929	223	
Sodium, Na (2).....mg	256		1	A	1		302	73	
Zinc, Zn.....mg	7.64		2	A	1		9.02	2.17	
Copper, Cu.....mg	1.275		2	A	1		1.505	0.361	
Manganese, Mn.....mg	4.490		2	A	1		5.298	1.273	
Selenium, Se.....µg	9.4		0	BFZN	4		11.1	2.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.8		0		4		2.1	0.5	
Thiamin.....mg	0.070		1	A	1		0.083	0.020	
Riboflavin.....mg	0.150		1	A	1		0.177	0.043	
Niacin.....mg	4.430		1	A	1		5.227	1.256	
Pantothenic acid.....mg	0.570		1	A	1		0.672	0.162	
Vitamin B-6.....mg	0.100		1	A	1		0.118	0.028	
Folate, total.....µg	57		0		4		68	16	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	57		0		4		68	16	
Folate, DFE.....µg	57		0	NC	4		68	16	
Choline, total.....mg	63.0		0	AS	1		74.4	17.9	
Betaine.....mg	1.5		1	A	1		1.8	0.4	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		1	A	1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	5		1	A	1		5	1	
Carotene, alpha.....µg	1		1	A	1		1	0	
Cryptoxanthin, beta.....µg	0		1	A	1		1	0	
Vitamin A, IU.....IU	8		1	A	1		10	2	
Lycopene.....µg	0		1	A	1		0	0	
Lutein + zeaxanthin.....µg	30		1	A	1		36	9	
Vitamin E (alpha-tocopherol).....mg	0.56		1	A	1		0.66	0.16	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.09		1	A	1		0.11	0.03	
Tocopherol, gamma.....mg	12.73		1	A	1		15.02	3.61	
Tocopherol, delta.....mg	0.28		1	A	1		0.33	0.08	
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	

Seeds, pumpkin and squash seed kernels, roasted, with salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	4.5		1	A	1		5.3	1.3	
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg	0.0		1	A	1		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.544		0	NC	4		10.081	2.422	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.007		1	A	1		0.008	0.002	
8:0.....g	0.002		1	A	1		0.002	0.001	
10:0.....g	0.002		1	A	1		0.002	0.001	
12:0.....g	0.006		1	A	1		0.007	0.002	
13:0.....g									
14:0.....g	0.058		1	A	1		0.068	0.016	
15:0.....g	0.008		1	A	1		0.009	0.002	
16:0.....g	5.191		1	A	1		6.125	1.472	
17:0.....g	0.038		1	A	1		0.045	0.011	
18:0.....g	2.913		1	A	1		3.437	0.826	
20:0.....g	0.216		1	A	1		0.255	0.061	
22:0.....g	0.060		1	A	1		0.071	0.017	
24:0.....g	0.043		1	A	1		0.051	0.012	
Fatty acids, total monounsaturated.....g	15.734		0	NC	4		18.566	4.460	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.044		0	AS	1		0.052	0.012	
16:1 c.....g	0.044		1	A	1		0.052	0.012	
16:1 t.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	15.626		0	AS	1		18.439	4.430	
18:1 c.....g	15.611		1	A	1		18.421	4.426	
18:1 t.....g	0.015		1	A	1		0.018	0.004	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.053		1	A	1		0.062	0.015	
22:1 undifferentiated.....g	0.001		0	AS	1		0.001	0.000	
22:1 c.....g	0.000		1	A	1		0.000	0.000	
22:1 t.....g	0.001		1	A	1		0.001	0.000	
24:1 c.....g	0.010		1	A	1		0.012	0.003	
Fatty acids, total polyunsaturated.....g	19.856		0	NC	4		23.430	5.629	
18:2 undifferentiated.....g	19.590		0	AS	1		23.116	5.554	
18:2 n-6 c,c.....g	19.559		1	A	1		23.080	5.545	
18:2 CLAs.....g	0.005		1	A	1		0.006	0.001	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.026		1	A	1		0.031	0.007	
18:3 undifferentiated.....g	0.111		0	AS	1		0.131	0.031	
18:3 n-3 c,c,c (ALA).....g	0.111		1	A	1		0.131	0.031	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.012		1	A	1		0.014	0.003	
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		1	A	1		0.000	0.000	
20:3 n-6.....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.123		1	A	1		0.145	0.035	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.005		1	A	1		0.006	0.001	
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	

NDB No. 12516

Seeds, pumpkin and squash seed kernels, roasted, with salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.042		0	NC	4		0.049	0.012	
Fatty acids, total trans-monoenoic.....g	0.016		0	NC	4		0.019	0.005	
Fatty acids, total trans-polyenoic.....g	0.026		0	NC	4		0.031	0.007	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Stigmasterol.....mg	0		1	A	1		0	0	
Campesterol.....mg	3		1	A	1		4	1	
Beta-sitosterol.....mg	13		1	A	1		15	4	
<b>Amino Acids:</b>									
Tryptophan.....g	0.569		0	A	1		0.671	0.161	
Threonine.....g	0.985		0	A	1		1.163	0.279	
Isoleucine.....g	1.265		0	A	1		1.492	0.359	
Leucine.....g	2.388		0	A	1		2.817	0.677	
Lysine.....g	1.220		0	A	1		1.439	0.346	
Methionine.....g	0.595		0	A	1		0.702	0.169	
Cystine.....g	0.327		0	A	1		0.386	0.093	
Phenylalanine.....g	1.711		0	A	1		2.019	0.485	
Tyrosine.....g	1.079		0	A	1		1.273	0.306	
Valine.....g	1.559		0	A	1		1.840	0.442	
Arginine.....g	5.284		0	A	1		6.235	1.498	
Histidine.....g	0.770		0	A	1		0.908	0.218	
Alanine.....g	1.466		0	A	1		1.730	0.416	
Aspartic acid.....g	2.922		0	A	1		3.448	0.828	
Glutamic acid.....g	6.108		0	A	1		7.208	1.732	
Glycine.....g	1.819		0	A	1		2.146	0.516	
Proline.....g	1.299		0	A	1		1.533	0.368	
Serine.....g	1.652		0	A	1		1.949	0.468	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 118g: 1 cup

Measure 2 = 28.35g: 1 oz

**Footnotes:**

- Other phytosterols total 248.8 mg/100g; these include delta 5-avenasterol (3.5), sitostanol (3.5), campestanol (.8), and other minor phytosterols (241 mg).
- Sodium level varies by brand, depending on the amount of salt added.

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12016

Seeds, pumpkin and squash seed kernels, roasted, without salt (1)

pepitas

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.03		1	A	1		2.40	0.58	
Energy.....kcal	574		0	NC	4		677	163	
Energy.....kJ	2401		0	NC	4		2834	681	
Protein (N x 5.3).....g	29.84		1	A	1		35.21	8.46	
Total lipid (fat).....g	49.05		1	A	1		57.88	13.91	
Ash.....g	4.37		1		1		5.16	1.24	
Carbohydrate, by difference.....g	14.71		0	NC	4		17.36	4.17	
Fiber, total dietary.....g	6.5		1	A	1		7.7	1.8	
Sugars, total.....g	1.29		1	A	1		1.52	0.37	
Sucrose.....g	1.14		1	A	1		1.35	0.32	
Glucose (dextrose).....g	0.07		1	A	1		0.09	0.02	
Fructose.....g	0.07		1	A	1		0.09	0.02	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g	0.00		1	A	1		0.00	0.00	
Starch.....g	0.74		1	A	1		0.87	0.21	
<b>Minerals:</b>									
Calcium, Ca.....mg	52		2	A	1		61	15	
Iron, Fe.....mg	8.07		2	A	1		9.52	2.29	
Magnesium, Mg.....mg	550		2	A	1		649	156	
Phosphorus, P.....mg	1174		2	A	1		1386	333	
Potassium, K.....mg	788		2	A	1		929	223	
Sodium, Na.....mg	18		0		1		21	5	
Zinc, Zn.....mg	7.64		2	A	1		9.02	2.17	
Copper, Cu.....mg	1.275		2	A	1		1.505	0.361	
Manganese, Mn.....mg	4.490		2	A	1		5.298	1.273	
Selenium, Se.....µg	9.4		0	BFZN	4		11.1	2.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.8		0		4		2.1	0.5	
Thiamin.....mg	0.070		1	A	1		0.083	0.020	
Riboflavin.....mg	0.150		1	A	1		0.177	0.043	
Niacin.....mg	4.430		1	A	1		5.227	1.256	
Pantothenic acid.....mg	0.570		1	A	1		0.672	0.162	
Vitamin B-6.....mg	0.100		1	A	1		0.118	0.028	
Folate, total.....µg	57		0		4		68	16	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	57		0		4		68	16	
Folate, DFE.....µg	57		0	NC	4		68	16	
Choline, total.....mg	63.0		0	AS	1		74.4	17.9	
Betaine.....mg	1.5		1	A	1		1.8	0.4	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		1	A	1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	5		1	A	1		5	1	
Carotene, alpha.....µg	1		1	A	1		1	0	
Cryptoxanthin, beta.....µg	0		1	A	1		1	0	
Vitamin A, IU.....IU	8		1	A	1		10	2	
Lycopene.....µg	0		1	A	1		0	0	
Lutein + zeaxanthin.....µg	30		1	A	1		36	9	
Vitamin E (alpha-tocopherol).....mg	0.56		1	A	1		0.66	0.16	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.09		1	A	1		0.11	0.03	
Tocopherol, gamma.....mg	12.73		1	A	1		15.02	3.61	
Tocopherol, delta.....mg	0.28		1	A	1		0.33	0.08	
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	



Seeds, pumpkin and squash seed kernels, roasted, without salt (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	4.5		1	A	1		5.3	1.3	
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg	0.0		1	A	1		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.544		0	NC	4		10.081	2.422	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.007		1	A	1		0.008	0.002	
8:0.....g	0.002		1	A	1		0.002	0.001	
10:0.....g	0.002		1	A	1		0.002	0.001	
12:0.....g	0.006		1	A	1		0.007	0.002	
13:0.....g									
14:0.....g	0.058		1	A	1		0.068	0.016	
15:0.....g	0.008		1	A	1		0.009	0.002	
16:0.....g	5.191		1	A	1		6.125	1.472	
17:0.....g	0.038		1	A	1		0.045	0.011	
18:0.....g	2.913		1	A	1		3.437	0.826	
20:0.....g	0.216		1	A	1		0.255	0.061	
22:0.....g	0.060		1	A	1		0.071	0.017	
24:0.....g	0.043		1	A	1		0.051	0.012	
Fatty acids, total monounsaturated.....g	15.734		0	NC	4		18.566	4.460	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.044		0	AS	1		0.052	0.012	
16:1 c.....g	0.044		1	A	1		0.052	0.012	
16:1 t.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	15.626		0	AS	1		18.439	4.430	
18:1 c.....g	15.611		1	A	1		18.421	4.426	
18:1 t.....g	0.015		1	A	1		0.018	0.004	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.053		1	A	1		0.062	0.015	
22:1 undifferentiated.....g	0.001		0	AS	1		0.001	0.000	
22:1 c.....g	0.000		1	A	1		0.000	0.000	
22:1 t.....g	0.001		1	A	1		0.001	0.000	
24:1 c.....g	0.010		1	A	1		0.012	0.003	
Fatty acids, total polyunsaturated.....g	19.856		0	NC	4		23.430	5.629	
18:2 undifferentiated.....g	19.590		0	AS	1		23.116	5.554	
18:2 n-6 c,c.....g	19.559		1	A	1		23.080	5.545	
18:2 CLAs.....g	0.005		1	A	1		0.006	0.001	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.026		1	A	1		0.031	0.007	
18:3 undifferentiated.....g	0.111		0	AS	1		0.131	0.031	
18:3 n-3 c,c,c (ALA).....g	0.111		1	A	1		0.131	0.031	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.012		1	A	1		0.014	0.003	
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		1	A	1		0.000	0.000	
20:3 n-6.....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.123		1	A	1		0.145	0.035	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.005		1	A	1		0.006	0.001	
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	

NDB No. 12016

Seeds, pumpkin and squash seed kernels, roasted, without salt (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.042		0	NC	4		0.049	0.012	
Fatty acids, total trans-monoenoic.....g	0.016		0	NC	4		0.019	0.005	
Fatty acids, total trans-polyenoic.....g	0.026		0	NC	4		0.031	0.007	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Stigmasterol.....mg	0		1	A	1		0	0	
Campesterol.....mg	3		1	A	1		4	1	
Beta-sitosterol.....mg	13		1	A	1		15	4	
<b>Amino Acids:</b>									
Tryptophan.....g	0.569		0	A	1		0.671	0.161	
Threonine.....g	0.985		0	A	1		1.163	0.279	
Isoleucine.....g	1.265		0	A	1		1.492	0.359	
Leucine.....g	2.388		0	A	1		2.817	0.677	
Lysine.....g	1.220		0	A	1		1.439	0.346	
Methionine.....g	0.595		0	A	1		0.702	0.169	
Cystine.....g	0.327		0	A	1		0.386	0.093	
Phenylalanine.....g	1.711		0	A	1		2.019	0.485	
Tyrosine.....g	1.079		0	A	1		1.273	0.306	
Valine.....g	1.559		0	A	1		1.840	0.442	
Arginine.....g	5.284		0	A	1		6.235	1.498	
Histidine.....g	0.770		0	A	1		0.908	0.218	
Alanine.....g	1.466		0	A	1		1.730	0.416	
Aspartic acid.....g	2.922		0	A	1		3.448	0.828	
Glutamic acid.....g	6.108		0	A	1		7.208	1.732	
Glycine.....g	1.819		0	A	1		2.146	0.516	
Proline.....g	1.299		0	A	1		1.533	0.368	
Serine.....g	1.652		0	A	1		1.949	0.468	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 118g: 1 cup

Measure 2 = 28.35g: 1 oz

**Footnotes:**

1 Other phytosterols total 248.8 mg/100g; these include delta 5-avenasterol (3.5), sitostanol (3.5), campestanol (.8), and other minor phytosterols (241 mg).

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12663

Seeds, pumpkin and squash seeds, whole, roasted, with salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.50		1		1		2.88	1.28	
Energy.....kcal	446		0	NC	4		285	126	
Energy.....kJ	1866		0		4		1194	529	
Protein (N x 5.3).....g	18.55		1		1		11.87	5.26	
Total lipid (fat).....g	19.40		1		1		12.42	5.50	
Ash.....g	3.80		1		1		2.43	1.08	
Carbohydrate, by difference.....g	53.75		0	NC	4		34.40	15.24	
Fiber, total dietary.....g	18.4		1	A	1		11.8	5.2	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	55		1		1		35	16	
Iron, Fe.....mg	3.31		1		1		2.12	0.94	
Magnesium, Mg.....mg	262		1		1		168	74	
Phosphorus, P.....mg	92		1		1		59	26	
Potassium, K.....mg	919		1		1		588	261	
Sodium, Na (1).....mg	2541		1	LC	8		1626	720	
Zinc, Zn.....mg	10.30		1		1		6.59	2.92	
Copper, Cu.....mg	0.690		1		1		0.442	0.196	
Manganese, Mn.....mg	0.496		0		4		0.317	0.141	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0		4		0.2	0.1	
Thiamin.....mg	0.034		0		4		0.022	0.010	
Riboflavin.....mg	0.052		0		4		0.033	0.015	
Niacin.....mg	0.286		0		4		0.183	0.081	
Pantothenic acid.....mg	0.056		0		4		0.036	0.016	
Vitamin B-6.....mg	0.037		0		4		0.024	0.010	
Folate, total.....µg	9		0		4		6	3	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	9		0		4		6	3	
Folate, DFE.....µg	9		0	NC	4		6	3	
Choline, total.....mg	39.1		0	AS	1		25.0	11.1	
Betaine.....mg	0.3		1	A	1		0.2	0.1	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	3		0	NC	4		2	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	62		0		4		40	18	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

Seeds, pumpkin and squash seeds, whole, roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.670		0		1		2.349	1.040	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.019		0		1		0.012	0.005	
13:0.....g									
14:0.....g	0.022		0		1		0.014	0.006	
15:0.....g									
16:0.....g	2.374		0		1		1.519	0.673	
17:0.....g									
18:0.....g	1.189		0		1		0.761	0.337	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.032		0		1		3.860	1.710	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.042		0		1		0.027	0.012	
17:1.....g									
18:1 undifferentiated.....g	5.985		0		1		3.830	1.697	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.844		0		1		5.660	2.507	
18:2 undifferentiated.....g	8.759		0		1		5.606	2.483	
18:3 undifferentiated.....g	0.077		0		1		0.049	0.022	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.326		12		1		0.209	0.092	
Threonine.....g	0.683		15		1		0.437	0.194	
Isoleucine.....g	0.956		15		1		0.612	0.271	
Leucine.....g	1.572		15		1		1.006	0.446	
Lysine.....g	1.386		15		1		0.887	0.393	
Methionine.....g	0.417		14		1		0.267	0.118	
Cystine.....g	0.228		3		1		0.146	0.065	
Phenylalanine.....g	0.924		14		1		0.591	0.262	
Tyrosine.....g	0.770		15		1		0.493	0.218	
Valine.....g	1.491		14		1		0.954	0.423	
Arginine.....g	3.049		14		1		1.951	0.864	
Histidine.....g	0.515		14		1		0.330	0.146	
Alanine.....g	0.875		5		1		0.560	0.248	
Aspartic acid.....g	1.873		5		1		1.199	0.531	
Glutamic acid.....g	3.262		5		1		2.088	0.925	
Glycine.....g	1.358		6		1		0.869	0.385	
Proline.....g	0.756		5		1		0.484	0.214	
Serine.....g	0.868		5		1		0.556	0.246	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12663**

**Seeds, pumpkin and squash seeds, whole, roasted, with salt added**

**Common Measures:**

Measure 1 = 64g: 1 cup

Measure 2 = 28.35g: 1 oz (85 seeds)

**Footnotes:**

1 Sodium value reflects edible shells infused with salt. Brands vary in sodium level.

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12163

Seeds, pumpkin and squash seeds, whole, roasted, without salt

*Cucurbita spp.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.50		1		1		2.88	1.28	
Energy.....kcal	446		0	NC	4		285	126	
Energy.....kJ	1866		0		4		1194	529	
Protein (N x 5.3).....g	18.55		1		1		11.87	5.26	
Total lipid (fat).....g	19.40		1		1		12.42	5.50	
Ash.....g	3.80		1		1		2.43	1.08	
Carbohydrate, by difference.....g	53.75		0	NC	4		34.40	15.24	
Fiber, total dietary.....g	18.4		1	A	1		11.8	5.2	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	55		1		1		35	16	
Iron, Fe.....mg	3.31		1		1		2.12	0.94	
Magnesium, Mg.....mg	262		1		1		168	74	
Phosphorus, P.....mg	92		1		1		59	26	
Potassium, K.....mg	919		1		1		588	261	
Sodium, Na.....mg	18		0		1		12	5	
Zinc, Zn.....mg	10.30		1		1		6.59	2.92	
Copper, Cu.....mg	0.690		1		1		0.442	0.196	
Manganese, Mn.....mg	0.496		0		4		0.317	0.141	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0		4		0.2	0.1	
Thiamin.....mg	0.034		0		4		0.022	0.010	
Riboflavin.....mg	0.052		0		4		0.033	0.015	
Niacin.....mg	0.286		0		4		0.183	0.081	
Pantothenic acid.....mg	0.056		0		4		0.036	0.016	
Vitamin B-6.....mg	0.037		0		4		0.024	0.010	
Folate, total.....µg	9		0		4		6	3	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	9		0		4		6	3	
Folate, DFE.....µg	9		0	NC	4		6	3	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	3		0	NC	4		2	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	62		0		4		40	18	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	3.670		0			1	2.349	1.040	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.019		0			1	0.012	0.005	
13:0.....g									
14:0.....g	0.022		0			1	0.014	0.006	
15:0.....g									
16:0.....g	2.374		0			1	1.519	0.673	
17:0.....g									
18:0.....g	1.189		0			1	0.761	0.337	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.032		0			1	3.860	1.710	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.042		0			1	0.027	0.012	
17:1.....g									
18:1 undifferentiated.....g	5.985		0			1	3.830	1.697	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.844		0			1	5.660	2.507	
18:2 undifferentiated.....g	8.759		0			1	5.606	2.483	
18:3 undifferentiated.....g	0.077		0			1	0.049	0.022	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7	0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.326		12			1	0.209	0.092	
Threonine.....g	0.683		15			1	0.437	0.194	
Isoleucine.....g	0.956		15			1	0.612	0.271	
Leucine.....g	1.572		15			1	1.006	0.446	
Lysine.....g	1.386		15			1	0.887	0.393	
Methionine.....g	0.417		14			1	0.267	0.118	
Cystine.....g	0.228		3			1	0.146	0.065	
Phenylalanine.....g	0.924		14			1	0.591	0.262	
Tyrosine.....g	0.770		15			1	0.493	0.218	
Valine.....g	1.491		14			1	0.954	0.423	
Arginine.....g	3.049		14			1	1.951	0.864	
Histidine.....g	0.515		14			1	0.330	0.146	
Alanine.....g	0.875		5			1	0.560	0.248	
Aspartic acid.....g	1.873		5			1	1.199	0.531	
Glutamic acid.....g	3.262		5			1	2.088	0.925	
Glycine.....g	1.358		6			1	0.869	0.385	
Proline.....g	0.756		5			1	0.484	0.214	
Serine.....g	0.868		5			1	0.556	0.246	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12163**

**Seeds, pumpkin and squash seeds, whole, roasted, without salt**

**Common Measures:**

Measure 1 = 64g: 1 cup

Measure 2 = 28.35g: 1 oz (85 seeds)

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 12021

Seeds, safflower seed kernels, dried

*Carthamus tinctorius*

Refuse:49% Hulls

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	5.62	0.145	34		1		1.59		
Energy.....kcal	517		0	NC	4		147		
Energy.....kJ	2163				4		613		
Protein (N x 5.3).....g	16.18		2		1		4.59		
Total lipid (fat).....g	38.45	0.798	34		1		10.90		
Ash.....g	5.47		2		1		1.55		
Carbohydrate, by difference.....g	34.29		0	NC	4		9.72		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	78		0		1		22		
Iron, Fe.....mg	4.90		0		4		1.39		
Magnesium, Mg.....mg	353		0		4		100		
Phosphorus, P.....mg	644		0		1		183		
Potassium, K.....mg	687		0		4		195		
Sodium, Na.....mg	3		0		4		1		
Zinc, Zn.....mg	5.05		0		4		1.43		
Copper, Cu.....mg	1.747		0		4		0.495		
Manganese, Mn.....mg	2.014		0		4		0.571		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	1.163		0		1		0.330		
Riboflavin.....mg	0.415		0		1		0.118		
Niacin.....mg	2.284		0		1		0.648		
Pantothenic acid.....mg	4.030		0		4		1.143		
Vitamin B-6.....mg	1.170		0		4		0.332		
Folate, total.....µg	160		0		4		45		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	160		0		4		45		
Folate, DFE.....µg	160		0	NC	4		45		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	3		0		4		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	50		0		4		14		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g	3.682		0		1	1.044		
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g								
12:0.....g								
13:0.....g								
14:0.....g	0.035		41		1	0.010		
15:0.....g								
16:0.....g	2.574		44		1	0.730		
17:0.....g								
18:0.....g	0.921		44		1	0.261		
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	4.848		0		1	1.374		
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.037		32		1	0.010		
17:1.....g								
18:1 undifferentiated.....g	4.806		44		1	1.363		
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	28.223		0		1	8.001		
18:2 undifferentiated.....g	28.084		44		1	7.962		
18:3 undifferentiated.....g	0.111		32		1	0.031		
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7	0		
Phytosterols.....mg								
<b><u>Amino Acids:</u></b>								
Tryptophan.....g	0.183		4		1	0.052		
Threonine.....g	0.586		9		1	0.166		
Isoleucine.....g	0.717		9		1	0.203		
Leucine.....g	1.154		9		1	0.327		
Lysine.....g	0.534		55		1	0.151		
Methionine.....g	0.284		7		1	0.081		
Cystine.....g	0.311		7		1	0.088		
Phenylalanine.....g	0.806		8		1	0.229		
Tyrosine.....g	0.531		8		1	0.151		
Valine.....g	1.025		9		1	0.291		
Arginine.....g	1.749		8		1	0.496		
Histidine.....g	0.452		8		1	0.128		
Alanine.....g	0.772		8		1	0.219		
Aspartic acid.....g	1.807		8		1	0.512		
Glutamic acid.....g	3.699		8		1	1.049		
Glycine.....g	1.010		8		1	0.286		
Proline.....g	0.726		8		1	0.206		
Serine.....g	0.812		8		1	0.230		
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12021**

**Seeds, safflower seed kernels, dried**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12022

Seeds, safflower seed meal, partially defatted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.41		1		1		1.82		
Energy.....kcal	342		0	NC	4		97		
Energy.....kJ	1431				4		406		
Protein (N x 5.3).....g	35.62		1		1		10.10		
Total lipid (fat).....g	2.39		1		1		0.68		
Ash.....g	6.85		1		1		1.94		
Carbohydrate, by difference.....g	48.73		0	NC	4		13.81		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	77		0		1		22		
Iron, Fe.....mg	4.86		0		4		1.38		
Magnesium, Mg.....mg	350		0		4		99		
Phosphorus, P.....mg	638		0		1		181		
Potassium, K.....mg	68		0		4		19		
Sodium, Na.....mg	3		0		4		1		
Zinc, Zn.....mg	5.01		0		4		1.42		
Copper, Cu.....mg	1.733		0		4		0.491		
Manganese, Mn.....mg	1.998		0		4		0.566		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	1.153		0		1		0.327		
Riboflavin.....mg	0.412		0		1		0.117		
Niacin.....mg	2.265		0		1		0.642		
Pantothenic acid.....mg	3.996		0		4		1.133		
Vitamin B-6.....mg	1.161		0		4		0.329		
Folate, total.....µg	159		0		4		45		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	159		0		4		45		
Folate, DFE.....µg	159		0	NC	4		45		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	2		0		4		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	49		0		4		14		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.207		0		1		0.059		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.002		0		1		0.001		
15:0.....g									
16:0.....g	0.144		0		1		0.041		
17:0.....g									
18:0.....g	0.052		0		1		0.015		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.272		0		1		0.077		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.270		0		1		0.077		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.584		0		1		0.449		
18:2 undifferentiated.....g	1.576		0		1		0.447		
18:3 undifferentiated.....g	0.006		0		1		0.002		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.403		0		1		0.114		
Threonine.....g	1.290		0		1		0.366		
Isoleucine.....g	1.579		0		1		0.448		
Leucine.....g	2.540		0		1		0.720		
Lysine.....g	1.176		0		1		0.333		
Methionine.....g	0.625		0		1		0.177		
Cystine.....g	0.685		0		1		0.194		
Phenylalanine.....g	1.774		0		1		0.503		
Tyrosine.....g	1.169		0		1		0.331		
Valine.....g	2.258		0		1		0.640		
Arginine.....g	3.851		0		1		1.092		
Histidine.....g	0.995		0		1		0.282		
Alanine.....g	1.700		0		1		0.482		
Aspartic acid.....g	3.978		0		1		1.128		
Glutamic acid.....g	8.145		0		1		2.309		
Glycine.....g	2.224		0		1		0.631		
Proline.....g	1.599		0		1		0.453		
Serine.....g	1.788		0		1		0.507		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12022**

**Seeds, safflower seed meal, partially defatted**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

**NDB No. 12169**  
**Seeds, sesame butter, paste**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.60		2		1		0.26		
Energy.....kcal	586		0	NC	4		94		
Energy.....kJ	2454		0	NC	4		393		
Protein (N x 5.3).....g	18.08		2		1		2.89		
Total lipid (fat).....g	50.87	1.737	3		1		8.14		
Ash.....g	5.40		2		1		0.86		
Carbohydrate, by difference.....g	24.05		0	NC	4		3.85		
Fiber, total dietary.....g	5.5		0		4		0.9		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	960		0		1		154		
Iron, Fe.....mg	19.20		0		1		3.07		
Magnesium, Mg.....mg	362		0		1		58		
Phosphorus, P.....mg	659		0		1		105		
Potassium, K.....mg	582		0		1		93		
Sodium, Na.....mg	12		0		1		2		
Zinc, Zn.....mg	7.29		0		1		1.17		
Copper, Cu.....mg	4.214		0		1		0.674		
Manganese, Mn.....mg	2.540		0		1		0.406		
Selenium, Se.....µg	35.5		0	BFSN	4		5.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.240		0		1		0.038		
Riboflavin.....mg	0.200		0		1		0.032		
Niacin.....mg	6.700		0		1		1.072		
Pantothenic acid.....mg	0.052		0		4		0.008		
Vitamin B-6.....mg	0.816		0		4		0.131		
Folate, total.....µg	100		0		4		16		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	100		0		4		16		
Folate, DFE.....µg	100		0	NC	4		16		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	3		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	50		0		1		8		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									





NDB No. 12169  
Seeds, sesame butter, paste

---

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
							<u>measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 16g: 1 tbsp

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12198

Seeds, sesame butter, tahini, from raw and stone ground kernels

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.00		1		1		0.45	0.85	
Energy.....kcal	570		0	NC	4		86	162	
Energy.....kJ	2385				4		358	676	
Protein (N x 5.3).....g	17.81		1		1		2.67	5.05	
Total lipid (fat).....g	48.00		1		1		7.20	13.61	
Ash.....g	5.00		1		1		0.75	1.42	
Carbohydrate, by difference.....g	26.19		0	NC	4		3.93	7.42	
Fiber, total dietary.....g	9.3		0		4		1.4	2.6	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	420		0		1		63	119	
Iron, Fe.....mg	2.51		0		1		0.38	0.71	
Magnesium, Mg.....mg	96		0		1		14	27	
Phosphorus, P.....mg	752		0		1		113	213	
Potassium, K.....mg	414		0		1		62	117	
Sodium, Na.....mg	74		0		1		11	21	
Zinc, Zn.....mg	4.64		0		1		0.70	1.32	
Copper, Cu.....mg	1.618		0		1		0.243	0.459	
Manganese, Mn.....mg	1.457		0		4		0.219	0.413	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	1.283		0		1		0.192	0.364	
Riboflavin.....mg	0.510		0		1		0.077	0.145	
Niacin.....mg	5.925		0		1		0.889	1.680	
Pantothenic acid.....mg	0.694		0		4		0.104	0.197	
Vitamin B-6.....mg	0.149		0		4		0.022	0.042	
Folate, total.....µg	98		0		4		15	28	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	98		0		4		15	28	
Folate, DFE.....µg	98		0	NC	4		15	28	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	3		0		4		1	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	67		0		4		10	19	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Seeds, sesame butter, tahini, from raw and stone ground kernels

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	6.722		0		1		1.008	1.906	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.120		0		1		0.018	0.034	
15:0.....g									
16:0.....g	4.292		0		1		0.644	1.217	
17:0.....g									
18:0.....g	2.019		0		1		0.303	0.572	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	18.127		0		1		2.719	5.139	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.144		0		1		0.022	0.041	
17:1.....g									
18:1 undifferentiated.....g	17.897		0		1		2.685	5.074	
20:1.....g	0.067		0		1		0.010	0.019	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.039		0		1		3.156	5.965	
18:2 undifferentiated.....g	20.654		0		1		3.098	5.855	
18:3 undifferentiated.....g	0.363		0		1		0.054	0.103	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.390		0		1		0.059	0.111	
Threonine.....g	0.739		0		1		0.111	0.210	
Isoleucine.....g	0.766		0		1		0.115	0.217	
Leucine.....g	1.364		0		1		0.205	0.387	
Lysine.....g	0.571		0		1		0.086	0.162	
Methionine.....g	0.588		0		1		0.088	0.167	
Cystine.....g	0.360		0		1		0.054	0.102	
Phenylalanine.....g	0.944		0		1		0.142	0.268	
Tyrosine.....g	0.746		0		1		0.112	0.211	
Valine.....g	0.995		0		1		0.149	0.282	
Arginine.....g	2.641		0		1		0.396	0.749	
Histidine.....g	0.524		0		1		0.079	0.149	
Alanine.....g	0.931		0		1		0.140	0.264	
Aspartic acid.....g	1.653		0		1		0.248	0.469	
Glutamic acid.....g	3.972		0		1		0.596	1.126	
Glycine.....g	1.220		0		1		0.183	0.346	
Proline.....g	0.813		0		1		0.122	0.230	
Serine.....g	0.971		0		1		0.146	0.275	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12198**

**Seeds, sesame butter, tahini, from raw and stone ground kernels**

**Common Measures:**

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	7.529		0		1		1.129	2.134
4:0.....g	0.000		0		1		0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000
13:0.....g								
14:0.....g	0.134		0		1		0.020	0.038
15:0.....g								
16:0.....g	4.807		0		1		0.721	1.363
17:0.....g								
18:0.....g	2.262		0		1		0.339	0.641
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	20.302		0		1		3.045	5.756
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.161		0		1		0.024	0.046
17:1.....g								
18:1 undifferentiated.....g	20.045		0		1		3.007	5.683
20:1.....g	0.075		0		1		0.011	0.021
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	23.564		0		1		3.535	6.680
18:2 undifferentiated.....g	23.133		0		1		3.470	6.558
18:3 undifferentiated.....g	0.407		0		1		0.061	0.115
18:4.....g	0.000		0		1		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7		0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.372		0		1		0.056	0.105
Threonine.....g	0.706		0		1		0.106	0.200
Isoleucine.....g	0.731		0		1		0.110	0.207
Leucine.....g	1.302		0		1		0.195	0.369
Lysine.....g	0.545		0		1		0.082	0.155
Methionine.....g	0.561		0		1		0.084	0.159
Cystine.....g	0.343		0		1		0.051	0.097
Phenylalanine.....g	0.901		0		1		0.135	0.255
Tyrosine.....g	0.712		0		1		0.107	0.202
Valine.....g	0.950		0		1		0.143	0.269
Arginine.....g	2.521		0		1		0.378	0.715
Histidine.....g	0.500		0		1		0.075	0.142
Alanine.....g	0.889		0		1		0.133	0.252
Aspartic acid.....g	1.578		0		1		0.237	0.447
Glutamic acid.....g	3.792		0		1		0.569	1.075
Glycine.....g	1.165		0		1		0.175	0.330
Proline.....g	0.776		0		1		0.116	0.220
Serine.....g	0.927		0		1		0.139	0.263
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0

NDB No. 12166

Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Theobromine.....mg	0		0	Z	7	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12171

Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.00		0		1		0.42	0.85	
Energy.....kcal	607		0	NC	4		85	172	
Energy.....kJ	2540				4		356	720	
Protein (N x 5.3).....g	17.95		1		1		2.51	5.09	
Total lipid (fat).....g	56.44		1		1		7.90	16.00	
Ash.....g	4.73		0		1		0.66	1.34	
Carbohydrate, by difference.....g	17.89		0	NC	4		2.50	5.07	
Fiber, total dietary.....g	9.3		0		4		1.3	2.6	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	141		1		1		20	40	
Iron, Fe.....mg	6.35		1		1		0.89	1.80	
Magnesium, Mg.....mg	353		0		1		49	100	
Phosphorus, P.....mg	790		0		1		111	224	
Potassium, K.....mg	459		1		1		64	130	
Sodium, Na.....mg	1		1		1		0	0	
Zinc, Zn.....mg	10.45		0		1		1.46	2.96	
Copper, Cu.....mg	1.488		0		4		0.208	0.422	
Manganese, Mn.....mg	1.457		0		4		0.204	0.413	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	1.587		1		1		0.222	0.450	
Riboflavin.....mg	0.120		1		1		0.017	0.034	
Niacin.....mg	5.644		1		1		0.790	1.600	
Pantothenic acid.....mg	0.694		0		4		0.097	0.197	
Vitamin B-6.....mg	0.149		0		4		0.021	0.042	
Folate, total.....µg	98		0		4		14	28	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	98		0		4		14	28	
Folate, DFE.....µg	98		0	NC	4		14	28	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	3		0		4		0	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	67		0		4		9	19	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Fatty acids, total saturated.....g	7.904		0		1	1.107	2.241	
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g								
12:0.....g								
13:0.....g								
14:0.....g	0.141		0		1	0.020	0.040	
15:0.....g								
16:0.....g	5.046		0		1	0.706	1.431	
17:0.....g								
18:0.....g	2.374		0		1	0.332	0.673	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	21.313		0		1	2.984	6.042	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.169		0		1	0.024	0.048	
17:1.....g								
18:1 undifferentiated.....g	21.043		0		1	2.946	5.966	
20:1.....g	0.079		0		1	0.011	0.022	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	24.737		0		1	3.463	7.013	
18:2 undifferentiated.....g	24.285		0		1	3.400	6.885	
18:3 undifferentiated.....g	0.427		0		1	0.060	0.121	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7	0	0	
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.393		0		1	0.055	0.111	
Threonine.....g	0.745		0		1	0.104	0.211	
Isoleucine.....g	0.772		0		1	0.108	0.219	
Leucine.....g	1.375		0		1	0.193	0.390	
Lysine.....g	0.576		0		1	0.081	0.163	
Methionine.....g	0.593		0		1	0.083	0.168	
Cystine.....g	0.362		0		1	0.051	0.103	
Phenylalanine.....g	0.951		0		1	0.133	0.270	
Tyrosine.....g	0.752		0		1	0.105	0.213	
Valine.....g	1.002		0		1	0.140	0.284	
Arginine.....g	2.661		0		1	0.373	0.754	
Histidine.....g	0.528		0		1	0.074	0.150	
Alanine.....g	0.938		0		1	0.131	0.266	
Aspartic acid.....g	1.666		0		1	0.233	0.472	
Glutamic acid.....g	4.002		0		1	0.560	1.135	
Glycine.....g	1.229		0		1	0.172	0.348	
Proline.....g	0.819		0		1	0.115	0.232	
Serine.....g	0.979		0		1	0.137	0.278	
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12171**

**Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)**

**Common Measures:**

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12698

Seeds, sesame butter, tahini, type of kernels unspecified

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.00		0		4		0.45		
Energy.....kcal	592		0	NC	4		89		
Energy.....kJ	2477		0		4		372		
Protein (N x 5.3).....g	17.40		0		4		2.61		
Total lipid (fat).....g	53.01		0		4		7.95		
Ash.....g	5.09		0	NC	4		0.76		
Carbohydrate, by difference.....g	21.50		0	NC	4		3.23		
Fiber, total dietary.....g	4.7		0		4		0.7		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	141		0		4		21		
Iron, Fe.....mg	4.42		0		4		0.66		
Magnesium, Mg.....mg	95		0		4		14		
Phosphorus, P.....mg	790		0		4		119		
Potassium, K.....mg	459		0		4		69		
Sodium, Na.....mg	35		0		4		5		
Zinc, Zn.....mg	4.62		0		4		0.69		
Copper, Cu.....mg	1.610		0		4		0.242		
Manganese, Mn.....mg									
Selenium, Se.....µg	34.4		0	BFZN	4		5.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.2		0		4		0.6		
Thiamin.....mg	1.590		0		4		0.239		
Riboflavin.....mg	0.120		0		4		0.018		
Niacin.....mg	5.640		0		4		0.846		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.150		0		4		0.023		
Folate, total.....µg	98		0		4		15		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	98		0		4		15		
Folate, DFE.....µg	98		0	NC	4		15		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00		
Vitamin A, RAE.....µg	3		0	NC	4		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	67		0		4		10		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 12698

Seeds, sesame butter, tahini, type of kernels unspecified

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	7.423		0		4		1.113		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.132		0		4		0.020		
15:0.....g									
16:0.....g	4.739		0		4		0.711		
17:0.....g									
18:0.....g	2.230		0		4		0.335		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	20.016		0		4		3.002		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.159		0		4		0.024		
17:1.....g									
18:1 undifferentiated.....g	19.763		0		4		2.964		
20:1.....g	0.074		0		4		0.011		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	23.232		0		4		3.485		
18:2 undifferentiated.....g	22.807		0		4		3.421		
18:3 undifferentiated.....g	0.401		0		4		0.060		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3 (EPA).....g	0.000		0		4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000		
22:6 n-3 (DHA).....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 15.0g: 1 tbsp

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

**NDB No. 12170**  
**Seeds, sesame flour, high-fat**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.90		1		1		0.26		
Energy.....kcal	526		0	NC	4		149		
Energy.....kJ	2201				4		624		
Protein (N x 5.3).....g	30.78		1		1		8.73		
Total lipid (fat).....g	37.10		1		1		10.52		
Ash.....g	4.60		1		1		1.30		
Carbohydrate, by difference.....g	26.62		0	NC	4		7.55		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	159		0		1		45		
Iron, Fe.....mg	15.17		0		1		4.30		
Magnesium, Mg.....mg	361		0		1		102		
Phosphorus, P.....mg	807		0		1		229		
Potassium, K.....mg	423		0		1		120		
Sodium, Na.....mg	41		0		1		12		
Zinc, Zn.....mg	10.67		0		1		3.02		
Copper, Cu.....mg	1.520		0		4		0.431		
Manganese, Mn.....mg	1.489		0		4		0.422		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	2.684		0		1		0.761		
Riboflavin.....mg	0.286		0		1		0.081		
Niacin.....mg	13.369		0		1		3.790		
Pantothenic acid.....mg	2.928		0		1		0.830		
Vitamin B-6.....mg	0.152		0		1		0.043		
Folate, total.....µg	31		0		1		9		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	31		0		1		9		
Folate, DFE.....µg	31		0	NC	4		9		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	3		0		1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	69		0		1		20		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

**NDB No. 12170**  
**Seeds, sesame flour, high-fat**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.196		0		1		1.473		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.092		0		1		0.026		
15:0.....g									
16:0.....g	3.317		0		1		0.940		
17:0.....g									
18:0.....g	1.561		0		1		0.443		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	14.010		0		1		3.972		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.111		0		1		0.031		
17:1.....g									
18:1 undifferentiated.....g	13.833		0		1		3.922		
20:1.....g	0.052		0		1		0.015		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	16.261		0		1		4.610		
18:2 undifferentiated.....g	15.964		0		1		4.526		
18:3 undifferentiated.....g	0.281		0		1		0.080		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.674		0		1		0.191		
Threonine.....g	1.278		0		1		0.362		
Isoleucine.....g	1.324		0		1		0.375		
Leucine.....g	2.358		0		1		0.668		
Lysine.....g	0.987		0		1		0.280		
Methionine.....g	1.016		0		1		0.288		
Cystine.....g	0.621		0		1		0.176		
Phenylalanine.....g	1.632		0		1		0.463		
Tyrosine.....g	1.289		0		1		0.365		
Valine.....g	1.719		0		1		0.487		
Arginine.....g	4.565		0		1		1.294		
Histidine.....g	0.906		0		1		0.257		
Alanine.....g	1.609		0		1		0.456		
Aspartic acid.....g	2.858		0		1		0.810		
Glutamic acid.....g	6.865		0		1		1.946		
Glycine.....g	2.108		0		1		0.598		
Proline.....g	1.406		0		1		0.399		
Serine.....g	1.679		0		1		0.476		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12170**

**Seeds, sesame flour, high-fat**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

**NDB No. 12033**  
**Seeds, sesame flour, low-fat**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	7.10		2		1		2.01		
Energy.....kcal	333		0	NC	4		94		
Energy.....kJ	1393				4		395		
Protein (N x 5.3).....g	50.14		2		1		14.21		
Total lipid (fat).....g	1.75		2		1		0.50		
Ash.....g	5.50		2		1		1.56		
Carbohydrate, by difference.....g	35.51		0	NC	4		10.07		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	149		0		1		42		
Iron, Fe.....mg	14.22		0		1		4.03		
Magnesium, Mg.....mg	338		0		1		96		
Phosphorus, P.....mg	757		0		1		215		
Potassium, K.....mg	397		0		1		113		
Sodium, Na.....mg	39		0		1		11		
Zinc, Zn.....mg	10.00		0		1		2.84		
Copper, Cu.....mg	1.425		0		4		0.404		
Manganese, Mn.....mg	1.396		0		4		0.396		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	2.516		0		1		0.713		
Riboflavin.....mg	0.269		0		1		0.076		
Niacin.....mg	12.533		0		1		3.553		
Pantothenic acid.....mg	2.745		0		1		0.778		
Vitamin B-6.....mg	0.142		0		1		0.040		
Folate, total.....µg	29		0		1		8		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	29		0		1		8		
Folate, DFE.....µg	29		0	NC	4		8		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	3		0		1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	64		0		1		18		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



**NDB No. 12033**  
**Seeds, sesame flour, low-fat**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.201		0		1		0.057		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.004		0		1		0.001		
15:0.....g									
16:0.....g	0.128		0		1		0.036		
17:0.....g									
18:0.....g	0.060		0		1		0.017		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.543		0		1		0.154		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.536		0		1		0.152		
20:1.....g	0.002		0		1		0.001		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.630		0		1		0.179		
18:2 undifferentiated.....g	0.618		0		1		0.175		
18:3 undifferentiated.....g	0.011		0		1		0.003		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	1.097		0		1		0.311		
Threonine.....g	2.081		0		1		0.590		
Isoleucine.....g	2.157		0		1		0.612		
Leucine.....g	3.841		0		1		1.089		
Lysine.....g	1.608		0		1		0.456		
Methionine.....g	1.656		0		1		0.469		
Cystine.....g	1.012		0		1		0.287		
Phenylalanine.....g	2.658		0		1		0.754		
Tyrosine.....g	2.100		0		1		0.595		
Valine.....g	2.800		0		1		0.794		
Arginine.....g	7.436		0		1		2.108		
Histidine.....g	1.476		0		1		0.418		
Alanine.....g	2.620		0		1		0.743		
Aspartic acid.....g	4.654		0		1		1.319		
Glutamic acid.....g	11.182		0		1		3.170		
Glycine.....g	3.434		0		1		0.974		
Proline.....g	2.289		0		1		0.649		
Serine.....g	2.734		0		1		0.775		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12033**

**Seeds, sesame flour, low-fat**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12032

Seeds, sesame flour, partially defatted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.61	0.784	5		1		1.87		
Energy.....kcal	382		0	NC	4		108		
Energy.....kJ	1598				4		453		
Protein (N x 5.3).....g	40.32	3.275	5		1		11.43		
Total lipid (fat).....g	11.89	1.731	5		1		3.37		
Ash.....g	6.05	0.554	5		1		1.72		
Carbohydrate, by difference.....g	35.14		0	NC	4		9.96		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	150	6.279	6		1		43		
Iron, Fe.....mg	14.30	0.318	6		1		4.05		
Magnesium, Mg.....mg	362		0		1		103		
Phosphorus, P.....mg	810		0		1		230		
Potassium, K.....mg	425		0		1		120		
Sodium, Na.....mg	41		0		1		12		
Zinc, Zn.....mg	10.70		0		1		3.03		
Copper, Cu.....mg	1.432		0		4		0.406		
Manganese, Mn.....mg	1.403		0		4		0.398		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	2.530	0.024	6		1		0.717		
Riboflavin.....mg	0.270	0.008	6		1		0.077		
Niacin.....mg	12.600	0.482	6		1		3.572		
Pantothenic acid.....mg	2.760	0.016	6		1		0.782		
Vitamin B-6.....mg	0.152		0		1		0.043		
Folate, total.....µg	29	0.318	6		1		8		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	29	0.318	6		1		8		
Folate, DFE.....µg	29		0	NC	4		8		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	3		0		1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	69		0		1		20		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.634		0		1		0.463		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.029		0		1		0.008		
15:0.....g									
16:0.....g	1.043		0		1		0.296		
17:0.....g									
18:0.....g	0.491		0		1		0.139		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.405		0		1		1.249		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.035		0		1		0.010		
17:1.....g									
18:1 undifferentiated.....g	4.349		0		1		1.233		
20:1.....g	0.016		0		1		0.005		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.113		0		1		1.450		
18:2 undifferentiated.....g	5.019		0		1		1.423		
18:3 undifferentiated.....g	0.088		0		1		0.025		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.882		0		1		0.250		
Threonine.....g	1.674		0		1		0.475		
Isoleucine.....g	1.734		0		1		0.492		
Leucine.....g	3.088		0		1		0.875		
Lysine.....g	1.293		0		1		0.367		
Methionine.....g	1.331		0		1		0.377		
Cystine.....g	0.814		0		1		0.231		
Phenylalanine.....g	2.138		0		1		0.606		
Tyrosine.....g	1.689		0		1		0.479		
Valine.....g	2.252		0		1		0.638		
Arginine.....g	5.979		0		1		1.695		
Histidine.....g	1.187		0		1		0.337		
Alanine.....g	2.107		0		1		0.597		
Aspartic acid.....g	3.743		0		1		1.061		
Glutamic acid.....g	8.991		0		1		2.549		
Glycine.....g	2.761		0		1		0.783		
Proline.....g	1.841		0		1		0.522		
Serine.....g	2.198		0		1		0.623		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12032**

**Seeds, sesame flour, partially defatted**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12034

Seeds, sesame meal, partially defatted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	5.00		1		1		1.42		
Energy.....kcal	567		0	NC	4		161		
Energy.....kJ	2372				4		673		
Protein (N x 5.3).....g	16.96		1		1		4.81		
Total lipid (fat).....g	48.00		1		1		13.61		
Ash.....g	4.00		1		1		1.13		
Carbohydrate, by difference.....g	26.04		0	NC	4		7.38		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	153		0		1		43		
Iron, Fe.....mg	14.55		0		1		4.12		
Magnesium, Mg.....mg	346		0		1		98		
Phosphorus, P.....mg	774		0		1		219		
Potassium, K.....mg	406		0		1		115		
Sodium, Na.....mg	39		0		1		11		
Zinc, Zn.....mg	10.23		0		1		2.90		
Copper, Cu.....mg	1.457		0		4		0.413		
Manganese, Mn.....mg	1.427		0		4		0.405		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	2.573		0		1		0.729		
Riboflavin.....mg	0.275		0		1		0.078		
Niacin.....mg	12.816		0		1		3.633		
Pantothenic acid.....mg	2.807		0		1		0.796		
Vitamin B-6.....mg	0.146		0		1		0.041		
Folate, total.....µg	30		0		1		8		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	30		0		1		8		
Folate, DFE.....µg	30		0	NC	4		8		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	3		0		1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	66		0		1		19		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	6.722		0		1		1.906		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.120		0		1		0.034		
15:0.....g									
16:0.....g	4.292		0		1		1.217		
17:0.....g									
18:0.....g	2.019		0		1		0.572		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	18.127		0		1		5.139		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.144		0		1		0.041		
17:1.....g									
18:1 undifferentiated.....g	17.897		0		1		5.074		
20:1.....g	0.067		0		1		0.019		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.039		0		1		5.965		
18:2 undifferentiated.....g	20.654		0		1		5.855		
18:3 undifferentiated.....g	0.363		0		1		0.103		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.371		0		1		0.105		
Threonine.....g	0.704		0		1		0.200		
Isoleucine.....g	0.730		0		1		0.207		
Leucine.....g	1.299		0		1		0.368		
Lysine.....g	0.544		0		1		0.154		
Methionine.....g	0.560		0		1		0.159		
Cystine.....g	0.342		0		1		0.097		
Phenylalanine.....g	0.899		0		1		0.255		
Tyrosine.....g	0.710		0		1		0.201		
Valine.....g	0.947		0		1		0.268		
Arginine.....g	2.515		0		1		0.713		
Histidine.....g	0.499		0		1		0.141		
Alanine.....g	0.886		0		1		0.251		
Aspartic acid.....g	1.574		0		1		0.446		
Glutamic acid.....g	3.782		0		1		1.072		
Glycine.....g	1.162		0		1		0.329		
Proline.....g	0.774		0		1		0.219		
Serine.....g	0.925		0		1		0.262		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12034**

**Seeds, sesame meal, partially defatted**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 12201

Seeds, sesame seed kernels, dried (decorticated) (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7	0	0	0	
Vitamin K (phylloquinone).....µg	0.0		1	A	1	0.0	0.0	0.0	
Dihydrophyloquinone.....µg	0.0		1	A	1	0.0	0.0	0.0	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.055		0	NC	4	13.582	0.724	0.244	
4:0.....g	0.000		1	A	1	0.000	0.000	0.000	
6:0.....g	0.000		1	A	1	0.000	0.000	0.000	
8:0.....g	0.000		1	A	1	0.000	0.000	0.000	
10:0.....g	0.000		1	A	1	0.000	0.000	0.000	
12:0.....g	0.000		1	A	1	0.000	0.000	0.000	
13:0.....g	0.000		1	A	1	0.000	0.000	0.000	
14:0.....g	0.000		1	A	1	0.000	0.000	0.000	
15:0.....g									
16:0.....g	5.273		1	A	1	7.909	0.422	0.142	
17:0.....g									
18:0.....g	3.311		1	A	1	4.966	0.265	0.089	
20:0.....g	0.347		1	A	1	0.521	0.028	0.009	
22:0.....g	0.071		1	A	1	0.106	0.006	0.002	
24:0.....g	0.053		1	A	1	0.080	0.004	0.001	
Fatty acids, total monounsaturated.....g	23.924		0	NC	4	35.886	1.914	0.646	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.105		1	A	1	0.157	0.008	0.003	
17:1.....g									
18:1 undifferentiated.....g	23.595		1	A	1	35.393	1.888	0.637	
18:1 c.....g									
18:1 t.....g	0.000		1	A	1	0.000	0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.124		1	A	1	0.185	0.010	0.003	
22:1 undifferentiated.....g	0.065		1	A	1	0.097	0.005	0.002	
24:1 c.....g	0.035		1	A	1	0.053	0.003	0.001	
Fatty acids, total polyunsaturated.....g	25.491		0	NC	4	38.236	2.039	0.688	
18:2 undifferentiated.....g	25.227		1	A	1	37.841	2.018	0.681	
18:3 undifferentiated.....g	0.263		1	A	1	0.395	0.021	0.007	
18:4.....g	0.000		0		1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1	0.000	0.000	0.000	
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000	0.000	
Fatty acids, total trans.....g	0.000		0	NC	4	0.000	0.000	0.000	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000	0.000	0.000	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7	0	0	0	
Phytosterols.....mg									
Stigmasterol.....mg	22		1	A	1	33	2	1	
Campesterol.....mg	53		1	A	1	80	4	1	
Beta-sitosterol.....mg	232		1	A	1	348	19	6	
<b>Amino Acids:</b>									
Tryptophan.....g	0.330		0	A	1	0.495	0.026	0.009	
Threonine.....g	0.730		0	A	1	1.095	0.058	0.020	
Isoleucine.....g	0.750		0	A	1	1.125	0.060	0.020	
Leucine.....g	1.500		0	A	1	2.250	0.120	0.041	
Lysine.....g	0.650		0	A	1	0.975	0.052	0.018	

NDB No. 12201

Seeds, sesame seed kernels, dried (decorticated) (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine.....g	0.880		0	A	1		1.320	0.070	0.024
Cystine.....g	0.440		0	A	1		0.660	0.035	0.012
Phenylalanine.....g	0.940		0	A	1		1.410	0.075	0.025
Tyrosine.....g	0.790		0	A	1		1.185	0.063	0.021
Valine.....g	0.980		0	A	1		1.470	0.078	0.026
Arginine.....g	3.250		0	A	1		4.875	0.260	0.088
Histidine.....g	0.550		0	A	1		0.825	0.044	0.015
Alanine.....g	0.990		0	A	1		1.485	0.079	0.027
Aspartic acid.....g	2.070		0	A	1		3.105	0.166	0.056
Glutamic acid.....g	4.600		0	A	1		6.900	0.368	0.124
Glycine.....g	1.090		0	A	1		1.635	0.087	0.029
Proline.....g	1.040		0	A	1		1.560	0.083	0.028
Serine.....g	1.200		0	A	1		1.800	0.096	0.032
Hydroxyproline.....g	0.000		1	A	1		0.000	0.000	0.000
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0				0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 150g: 1 cup

Measure 2 = 8.0g: 1 tbsp

Measure 3 = 2.7g: 1 tsp

**Footnotes:**

1 Other phytosterols = 84.9 mg/100g; these include delta 5-avenasterol (40.4), campestanol (5.6), and other minor phytosterols (38.9 mg).

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 12529

Seeds, sesame seed kernels, toasted, with salt added (decorticated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.722		0		1		8.604	1.906	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.120		0		1		0.154	0.034	
15:0.....g									
16:0.....g	4.292		0		1		5.494	1.217	
17:0.....g									
18:0.....g	2.019		0		1		2.584	0.572	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	18.127		0		1		23.203	5.139	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.144		0		1		0.184	0.041	
17:1.....g									
18:1 undifferentiated.....g	17.897		0		1		22.908	5.074	
20:1.....g	0.067		0		1		0.086	0.019	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.039		0		1		26.930	5.965	
18:2 undifferentiated.....g	20.654		0		1		26.437	5.855	
18:3 undifferentiated.....g	0.363		0		1		0.465	0.103	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.371		0		1		0.475	0.105	
Threonine.....g	0.704		0		1		0.901	0.200	
Isoleucine.....g	0.730		0		1		0.934	0.207	
Leucine.....g	1.299		0		1		1.663	0.368	
Lysine.....g	0.544		0		1		0.696	0.154	
Methionine.....g	0.560		0		1		0.717	0.159	
Cystine.....g	0.342		0		1		0.438	0.097	
Phenylalanine.....g	0.899		0		1		1.151	0.255	
Tyrosine.....g	0.710		0		1		0.909	0.201	
Valine.....g	0.947		0		1		1.212	0.268	
Arginine.....g	2.515		0		1		3.219	0.713	
Histidine.....g	0.499		0		1		0.639	0.141	
Alanine.....g	0.886		0		1		1.134	0.251	
Aspartic acid.....g	1.574		0		1		2.015	0.446	
Glutamic acid.....g	3.782		0		1		4.841	1.072	
Glycine.....g	1.162		0		1		1.487	0.329	
Proline.....g	0.774		0		1		0.991	0.219	
Serine.....g	0.925		0		1		1.184	0.262	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 12529

Seeds, sesame seed kernels, toasted, with salt added (decorticated)

---

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7	0		0	

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 128g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 12029

Seeds, sesame seed kernels, toasted, without salt added (decorticated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number	Source	measures of food		
			of Data Points		Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>							
Fatty acids, total saturated.....g	6.722		0	1		8.604	1.906
4:0.....g	0.000		0	1		0.000	0.000
6:0.....g	0.000		0	1		0.000	0.000
8:0.....g	0.000		0	1		0.000	0.000
10:0.....g	0.000		0	1		0.000	0.000
12:0.....g	0.000		0	1		0.000	0.000
13:0.....g							
14:0.....g	0.120		0	1		0.154	0.034
15:0.....g							
16:0.....g	4.292		0	1		5.494	1.217
17:0.....g							
18:0.....g	2.019		0	1		2.584	0.572
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	18.127		0	1		23.203	5.139
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.144		0	1		0.184	0.041
17:1.....g							
18:1 undifferentiated.....g	17.897		0	1		22.908	5.074
20:1.....g	0.067		0	1		0.086	0.019
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	21.039		0	1		26.930	5.965
18:2 undifferentiated.....g	20.654		0	1		26.437	5.855
18:3 undifferentiated.....g	0.363		0	1		0.465	0.103
18:4.....g	0.000		0	1		0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	1		0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0	1		0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	1		0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.371		0	1		0.475	0.105
Threonine.....g	0.704		0	1		0.901	0.200
Isoleucine.....g	0.730		0	1		0.934	0.207
Leucine.....g	1.299		0	1		1.663	0.368
Lysine.....g	0.544		0	1		0.696	0.154
Methionine.....g	0.560		0	1		0.717	0.159
Cystine.....g	0.342		0	1		0.438	0.097
Phenylalanine.....g	0.899		0	1		1.151	0.255
Tyrosine.....g	0.710		0	1		0.909	0.201
Valine.....g	0.947		0	1		1.212	0.268
Arginine.....g	2.515		0	1		3.219	0.713
Histidine.....g	0.499		0	1		0.639	0.141
Alanine.....g	0.886		0	1		1.134	0.251
Aspartic acid.....g	1.574		0	1		2.015	0.446
Glutamic acid.....g	3.782		0	1		4.841	1.072
Glycine.....g	1.162		0	1		1.487	0.329
Proline.....g	0.774		0	1		0.991	0.219
Serine.....g	0.925		0	1		1.184	0.262
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0



NDB No. 12029

Seeds, sesame seed kernels, toasted, without salt added (decorticated)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Theobromine.....mg	0		0	Z	7	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 128g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv Code	Source Code	measures of food		
			of Data Points			Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	6.957		0		1		10.018	0.626
4:0.....g	0.000		0		1		0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000
13:0.....g								
14:0.....g	0.124		1		1		0.179	0.011
15:0.....g								
16:0.....g	4.441		761		1		6.395	0.400
17:0.....g								
18:0.....g	2.090		761		1		3.010	0.188
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	18.759		0		1		27.013	1.688
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.149		17		1		0.215	0.013
17:1.....g								
18:1 undifferentiated.....g	18.521		761		1		26.670	1.667
20:1.....g	0.070		9		1		0.101	0.006
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	21.773		0		1		31.353	1.960
18:2 undifferentiated.....g	21.375		761		1		30.780	1.924
18:3 undifferentiated.....g	0.376		25		1		0.541	0.034
18:4.....g	0.000		0		1		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7		0	0
Phytosterols.....mg	714		0		1		1028	64
<b>Amino Acids:</b>								
Tryptophan.....g	0.388		13		1		0.559	0.035
Threonine.....g	0.736		19		1		1.060	0.066
Isoleucine.....g	0.763		19		1		1.099	0.069
Leucine.....g	1.358		19		1		1.956	0.122
Lysine.....g	0.569		19		1		0.819	0.051
Methionine.....g	0.586		19		1		0.844	0.053
Cystine.....g	0.358		10		1		0.516	0.032
Phenylalanine.....g	0.940		19		1		1.354	0.085
Tyrosine.....g	0.743		14		1		1.070	0.067
Valine.....g	0.990		19		1		1.426	0.089
Arginine.....g	2.630		18		1		3.787	0.237
Histidine.....g	0.522		18		1		0.752	0.047
Alanine.....g	0.927		13		1		1.335	0.083
Aspartic acid.....g	1.646		13		1		2.370	0.148
Glutamic acid.....g	3.955		13		1		5.695	0.356
Glycine.....g	1.215		13		1		1.750	0.109
Proline.....g	0.810		13		1		1.166	0.073
Serine.....g	0.967		13		1		1.392	0.087
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0

NDB No. 12023

Seeds, sesame seeds, whole, dried

---

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 144g: 1 cup

Measure 2 = 9.0g: 1 tbsp

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12024

Seeds, sesame seeds, whole, roasted and toasted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.30		2		1		0.94		
Energy.....kcal	565		0	NC	4		160		
Energy.....kJ	2364		0		4		670		
Protein (N x 5.3).....g	16.96		1		1		4.81		
Total lipid (fat).....g	48.00		1		1		13.61		
Ash.....g	6.00		1		1		1.70		
Carbohydrate, by difference.....g	25.74		0	NC	4		7.30		
Fiber, total dietary.....g	14.0		0		1		4.0		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	989		0		1		280		
Iron, Fe.....mg	14.76		0		1		4.18		
Magnesium, Mg.....mg	356		0		1		101		
Phosphorus, P.....mg	638		0		1		181		
Potassium, K.....mg	475		0		1		135		
Sodium, Na.....mg	11		0		1		3		
Zinc, Zn.....mg	7.16		1		1		2.03		
Copper, Cu.....mg	2.470		1		1		0.700		
Manganese, Mn.....mg	2.496		0		1		0.708		
Selenium, Se.....µg	34.4		0	BFZN	4		9.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.803		0		4		0.228		
Riboflavin.....mg	0.251		0		4		0.071		
Niacin.....mg	4.581		0		4		1.299		
Pantothenic acid.....mg	0.051		0		4		0.014		
Vitamin B-6.....mg	0.802		0		4		0.227		
Folate, total.....µg	98		0		4		28		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	98		0		4		28		
Folate, DFE.....µg	98		0	NC	4		28		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	9		0		4		3		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	6.722		0		1		1.906		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.120		0		1		0.034		
15:0.....g									
16:0.....g	4.292		0		1		1.217		
17:0.....g									
18:0.....g	2.019		0		1		0.572		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	18.127		0		1		5.139		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.144		0		1		0.041		
17:1.....g									
18:1 undifferentiated.....g	17.897		0		1		5.074		
20:1.....g	0.067		0		1		0.019		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.039		0		1		5.965		
18:2 undifferentiated.....g	20.654		0		1		5.855		
18:3 undifferentiated.....g	0.363		0		1		0.103		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.371		0		1		0.105		
Threonine.....g	0.704		0		1		0.200		
Isoleucine.....g	0.730		0		1		0.207		
Leucine.....g	1.299		0		1		0.368		
Lysine.....g	0.544		0		1		0.154		
Methionine.....g	0.560		0		1		0.159		
Cystine.....g	0.342		0		1		0.097		
Phenylalanine.....g	0.899		0		1		0.255		
Tyrosine.....g	0.710		0		1		0.201		
Valine.....g	0.947		0		1		0.268		
Arginine.....g	2.515		0		1		0.713		
Histidine.....g	0.499		0		1		0.141		
Alanine.....g	0.886		0		1		0.251		
Aspartic acid.....g	1.574		0		1		0.446		
Glutamic acid.....g	3.782		0		1		1.072		
Glycine.....g	1.162		0		1		0.329		
Proline.....g	0.774		0		1		0.219		
Serine.....g	0.925		0		1		0.262		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12024**

**Seeds, sesame seeds, whole, roasted and toasted**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12193

Seeds, sisymbrium sp. seeds, whole, dried

*Sisymbrium spp.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.10		1		1		4.51	1.73	
Energy.....kcal	318		0	NC	4		235	90	
Energy.....kJ	1331				4		985	377	
Protein (N x 5.3).....g	12.14		0		1		8.98	3.44	
Total lipid (fat).....g	4.60		1		1		3.40	1.30	
Ash.....g	18.90		1		1		13.99	5.36	
Carbohydrate, by difference.....g	58.26		0	NC	4		43.11	16.52	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	1633		1		1		1208	463	
Iron, Fe.....mg	0.11		1		1		0.08	0.03	
Magnesium, Mg.....mg	314		1		1		232	89	
Phosphorus, P.....mg	6		1		1		4	2	
Potassium, K.....mg	2130		1		1		1576	604	
Sodium, Na.....mg	92		1		1		68	26	
Zinc, Zn.....mg	0.30		1		1		0.22	0.09	
Copper, Cu.....mg	0.110		1		1		0.081	0.031	
Manganese, Mn.....mg	1.512		0		4		1.119	0.429	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	30.7		0		4		22.7	8.7	
Thiamin.....mg	0.191		0		4		0.141	0.054	
Riboflavin.....mg	0.423		0		4		0.313	0.120	
Niacin.....mg	16.825		0		4		12.451	4.770	
Pantothenic acid.....mg	0.997		0		4		0.738	0.283	
Vitamin B-6.....mg	0.778		0		4		0.576	0.221	
Folate, total.....µg	95		0		4		71	27	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	95		0		4		71	27	
Folate, DFE.....µg	95		0	NC	4		71	27	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	3		0		4		2	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	63		0		4		47	18	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 12193

Seeds, sisymbrium sp. seeds, whole, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.902		0		1		0.667	0.256	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.616		1		1		0.456	0.175	
17:0.....g									
18:0.....g	0.132		1		1		0.098	0.037	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.486		0		1		1.100	0.421	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.035		1		1		0.026	0.010	
17:1.....g									
18:1 undifferentiated.....g	0.836		1		1		0.619	0.237	
20:1.....g	0.352		1		1		0.260	0.100	
22:1 undifferentiated.....g	0.264		1		1		0.195	0.075	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.023		0		1		1.497	0.574	
18:2 undifferentiated.....g	0.572		1		1		0.423	0.162	
18:3 undifferentiated.....g	1.451		1		1		1.074	0.411	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.266		0		1		0.197	0.075	
Threonine.....g	0.689		1		1		0.510	0.195	
Isoleucine.....g	0.650		1		1		0.481	0.184	
Leucine.....g	1.234		1		1		0.913	0.350	
Lysine.....g	0.806		1		1		0.596	0.229	
Methionine.....g	0.311		1		1		0.230	0.088	
Cystine.....g	0.245		0		1		0.181	0.069	
Phenylalanine.....g	0.584		1		1		0.432	0.166	
Tyrosine.....g	0.419		1		1		0.310	0.119	
Valine.....g	0.705		1		1		0.522	0.200	
Arginine.....g	0.799		1		1		0.591	0.227	
Histidine.....g	0.325		1		1		0.241	0.092	
Alanine.....g	0.685		1		1		0.507	0.194	
Aspartic acid.....g	1.484		1		1		1.098	0.421	
Glutamic acid.....g	1.770		1		1		1.310	0.502	
Glycine.....g	0.698		1		1		0.517	0.198	
Proline.....g	0.673		1		1		0.498	0.191	
Serine.....g	0.483		1		1		0.357	0.137	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12193**

**Seeds, sisymbrium sp. seeds, whole, dried**

**Common Measures:**

Measure 1 = 74g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12540

Seeds, sunflower seed butter, with salt added (1, 2)

Includes USDA commodity food B477

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.62	0.064	3	A	1		0.10	0.17	
Energy.....kcal	617		0	NC	4		99	175	
Energy.....kJ	2581		0	NC	4		413	732	
Protein (N x 5.3).....g	17.28	0.110	3	A	1		2.76	4.90	
Total lipid (fat).....g	55.20	0.682	3	A	1		8.83	15.65	
Ash.....g	3.58	0.068	3	A	1		0.57	1.02	
Carbohydrate, by difference.....g	23.32		0	NC	4		3.73	6.61	
Fiber, total dietary.....g	5.7	0.177	3	A	1		0.9	1.6	
Sugars, total.....g	10.54	0.070	3	A	1		1.69	2.99	
Sucrose.....g	10.54	0.070	3	A	1		1.69	2.99	
Glucose (dextrose).....g	0.00	0.000	3	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	0.83	0.087	3	A	1		0.13	0.23	
<b>Minerals:</b>									
Calcium, Ca.....mg	64	2.686	3	A	1		10	18	
Iron, Fe.....mg	4.12	0.098	3	A	1		0.66	1.17	
Magnesium, Mg.....mg	311	3.296	3	A	1		50	88	
Phosphorus, P.....mg	666	5.732	3	A	1		107	189	
Potassium, K.....mg	576	0.203	3	A	1		92	163	
Sodium, Na.....mg	331	19.069	3	A	1		53	94	
Zinc, Zn.....mg	4.89	0.116	3	A	1		0.78	1.39	
Copper, Cu.....mg	1.597	0.048	3	A	1		0.255	0.453	
Manganese, Mn.....mg	2.073	0.043	3	A	1		0.332	0.588	
Selenium, Se.....µg	104.4	6.592	3	A	1		16.7	29.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.7		1		1		0.4	0.8	
Thiamin.....mg	0.053	0.007	3	A	1		0.009	0.015	
Riboflavin.....mg	0.163	0.007	3	A	1		0.026	0.046	
Niacin.....mg	6.747	0.133	3	A	1		1.079	1.913	
Pantothenic acid.....mg	1.167	0.033	3	A	1		0.187	0.331	
Vitamin B-6.....mg	0.550	0.021	3	A	1		0.088	0.156	
Folate, total.....µg	237		0		4		38	67	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	237		0		4		38	67	
Folate, DFE.....µg	237		0	NC	4		38	67	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg									
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	52		0		4		8	15	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	22.89	3.550	3	A	1		3.66	6.49	
Tocopherol, beta.....mg	1.34	0.154	3	A	1		0.21	0.38	
Tocopherol, gamma.....mg	14.99	7.446	3	A	1		2.40	4.25	
Tocopherol, delta.....mg	5.66	3.031	3	A	1		0.91	1.60	
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.13	0.003	3	A	1		0.02	0.04	
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7	0	0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.678		0	NC	4	0.749	1.326		
4:0.....g	0.010	0.000	3	A	1	0.002	0.003		
6:0.....g	0.000	0.000	3	A	1	0.000	0.000		
8:0.....g	0.000	0.000	3	A	1	0.000	0.000		
10:0.....g	0.004	0.000	3	A	1	0.001	0.001		
12:0.....g	0.000	0.000	3	A	1	0.000	0.000		
13:0.....g									
14:0.....g	0.010	0.000	3	A	1	0.002	0.003		
15:0.....g	0.008	0.000	3	A	1	0.001	0.002		
16:0.....g	1.890	0.030	3	A	1	0.302	0.536		
17:0.....g	0.013	0.003	3	A	1	0.002	0.004		
18:0.....g	2.030	0.285	3	A	1	0.325	0.576		
20:0.....g	0.133	0.003	3	A	1	0.021	0.038		
22:0.....g	0.437	0.003	3	A	1	0.070	0.124		
24:0.....g	0.143	0.003	3	A	1	0.023	0.041		
Fatty acids, total monounsaturated.....g	39.025		0	NC	4	6.244	11.063		
14:1.....g	0.001	0.001	3	A	1	0.000	0.000		
15:1.....g	0.000	0.000	3	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.020	0.000	3	AS	1	0.003	0.006		
16:1 c.....g	0.020	0.000	3	A	1	0.003	0.006		
16:1 t.....g	0.000	0.000	3	A	1	0.000	0.000		
17:1.....g	0.000	0.000	3	A	1	0.000	0.000		
18:1 undifferentiated.....g	38.853	0.283	3	AS	1	6.217	11.015		
18:1 c.....g	38.837	0.282	3	A	1	6.214	11.010		
18:1 t.....g	0.017	0.003	3	A	1	0.003	0.005		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.143	0.003	3	A	1	0.023	0.041		
22:1 undifferentiated.....g	0.003	0.001	3	AS	1	0.000	0.001		
22:1 c.....g	0.003	0.001	3	A	1	0.000	0.001		
22:1 t.....g	0.000	0.000	3	A	1	0.000	0.000		
24:1 c.....g	0.004	0.001	3	A	1	0.001	0.001		
Fatty acids, total polyunsaturated.....g	9.805		0	NC	4	1.569	2.780		
18:2 undifferentiated.....g	9.736	0.247	3	AS	1	1.558	2.760		
18:2 n-6 c,c.....g	9.723	0.247	3	A	1	1.556	2.757		
18:2 CLAs.....g	0.003	0.000	3	A	1	0.000	0.001		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.010	0.000	3	A	1	0.002	0.003		
18:3 undifferentiated.....g	0.050	0.000	3	AS	1	0.008	0.014		
18:3 n-3 c,c,c (ALA).....g	0.050	0.000	3	A	1	0.008	0.014		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1	0.000	0.000		
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1	0.000	0.000		
20:2 n-6 c,c.....g	0.000	0.000	3	A	1	0.000	0.000		
20:3 undifferentiated.....g	0.003	0.000	3	AS	1	0.001	0.001		
20:3 n-3.....g	0.001	0.001	3	A	1	0.000	0.000		
20:3 n-6.....g	0.002	0.000	3	A	1	0.000	0.001		
20:4 undifferentiated.....g	0.010	0.000	3	A	1	0.002	0.003		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1	0.000	0.000		
21:5.....g									
22:4.....g	0.003	0.000	3	A	1	0.001	0.001		
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1	0.000	0.000		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.000	0.000		
Fatty acids, total trans.....g	0.027		0	NC	4	0.004	0.008		
Fatty acids, total trans-monoenoic.....g	0.017		0	NC	4	0.003	0.005		

NDB No. 12540

Seeds, sunflower seed butter, with salt added (1, 2)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.010		0	NC	4		0.002	0.003	
Cholesterol.....mg	0	0.000	3	A	1	0	0		
Phytosterols.....mg									
Stigmasterol.....mg	18	0.374	3	A	1	3	5		
Campesterol.....mg	21	0.691	3	A	1	3	6		
Beta-sitosterol.....mg	170	3.475	3	A	1	27	48		
<b>Amino Acids:</b>									
Tryptophan.....g	0.285		0	A	1	0.046	0.081		
Threonine.....g	0.723		0	A	1	0.116	0.205		
Isoleucine.....g	0.842		0	A	1	0.135	0.239		
Leucine.....g	1.315		0	A	1	0.210	0.373		
Lysine.....g	0.532		0	A	1	0.085	0.151		
Methionine.....g	0.435		0	A	1	0.070	0.123		
Cystine.....g	0.268		0	A	1	0.043	0.076		
Phenylalanine.....g	0.942		0	A	1	0.151	0.267		
Tyrosine.....g	0.435		0	A	1	0.070	0.123		
Valine.....g	1.002		0	A	1	0.160	0.284		
Arginine.....g	1.753		0	A	1	0.281	0.497		
Histidine.....g	0.492		0	A	1	0.079	0.139		
Alanine.....g	0.865		0	A	1	0.138	0.245		
Aspartic acid.....g	1.848		0	A	1	0.296	0.524		
Glutamic acid.....g	4.273		0	A	1	0.684	1.211		
Glycine.....g	1.123		0	A	1	0.180	0.318		
Proline.....g	0.878		0	A	1	0.141	0.249		
Serine.....g	0.857		0	A	1	0.137	0.243		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 16g: 1 tbsp

Measure 2 = 28.35g: 1 oz

**Footnotes:**

- Made with NuSun sunflower seeds; some brands have different formulation.
- Other phytosterols = 21.6 mg/100g; these include delta 5-avenasterol, sitostanol, and campestanol.

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12040

Seeds, sunflower seed butter, without salt (1, 2)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.62	0.064	3	A	1		0.10	0.17	
Energy.....kcal	617		0	NC	4		99	175	
Energy.....kJ	2581		0	NC	4		413	732	
Protein (N x 5.3).....g	17.28	0.110	3	A	1		2.76	4.90	
Total lipid (fat).....g	55.20	0.682	3	A	1		8.83	15.65	
Ash.....g	3.58	0.068	3	A	1		0.57	1.02	
Carbohydrate, by difference.....g	23.32		0	NC	4		3.73	6.61	
Fiber, total dietary.....g	5.7	0.177	3	A	1		0.9	1.6	
Sugars, total.....g	10.54	0.070	3	A	1		1.69	2.99	
Sucrose.....g	10.54	0.070	3	A	1		1.69	2.99	
Glucose (dextrose).....g	0.00	0.000	3	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	0.83	0.087	3	A	1		0.13	0.23	
<b>Minerals:</b>									
Calcium, Ca.....mg	64	2.686	3	A	1		10	18	
Iron, Fe.....mg	4.12	0.098	3	A	1		0.66	1.17	
Magnesium, Mg.....mg	311	3.296	3	A	1		50	88	
Phosphorus, P.....mg	666	5.732	3	A	1		107	189	
Potassium, K.....mg	576	0.203	3	A	1		92	163	
Sodium, Na.....mg	3		0		1		0	1	
Zinc, Zn.....mg	4.89	0.116	3	A	1		0.78	1.39	
Copper, Cu.....mg	1.597	0.048	3	A	1		0.255	0.453	
Manganese, Mn.....mg	2.073	0.043	3	A	1		0.332	0.588	
Selenium, Se.....µg	104.4	6.592	3	A	1		16.7	29.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.7		1		1		0.4	0.8	
Thiamin.....mg	0.053	0.007	3	A	1		0.009	0.015	
Riboflavin.....mg	0.163	0.007	3	A	1		0.026	0.046	
Niacin.....mg	6.747	0.133	3	A	1		1.079	1.913	
Pantothenic acid.....mg	1.167	0.033	3	A	1		0.187	0.331	
Vitamin B-6.....mg	0.550	0.021	3	A	1		0.088	0.156	
Folate, total.....µg	237		0		4		38	67	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	237		0		4		38	67	
Folate, DFE.....µg	237		0	NC	4		38	67	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg									
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	52		0		4		8	15	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	22.89	3.550	3	A	1		3.66	6.49	
Tocopherol, beta.....mg	1.34	0.154	3	A	1		0.21	0.38	
Tocopherol, gamma.....mg	14.99	7.446	3	A	1		2.40	4.25	
Tocopherol, delta.....mg	5.66	3.031	3	A	1		0.91	1.60	
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.13	0.003	3	A	1		0.02	0.04	
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	

Seeds, sunflower seed butter, without salt (1, 2)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7	0	0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.678		0	NC	4	0.749	1.326		
4:0.....g	0.010	0.000	3	A	1	0.002	0.003		
6:0.....g	0.000	0.000	3	A	1	0.000	0.000		
8:0.....g	0.000	0.000	3	A	1	0.000	0.000		
10:0.....g	0.004	0.000	3	A	1	0.001	0.001		
12:0.....g	0.000	0.000	3	A	1	0.000	0.000		
13:0.....g									
14:0.....g	0.010	0.000	3	A	1	0.002	0.003		
15:0.....g	0.008	0.000	3	A	1	0.001	0.002		
16:0.....g	1.890	0.030	3	A	1	0.302	0.536		
17:0.....g	0.013	0.003	3	A	1	0.002	0.004		
18:0.....g	2.030	0.285	3	A	1	0.325	0.576		
20:0.....g	0.133	0.003	3	A	1	0.021	0.038		
22:0.....g	0.437	0.003	3	A	1	0.070	0.124		
24:0.....g	0.143	0.003	3	A	1	0.023	0.041		
Fatty acids, total monounsaturated.....g	39.025		0	NC	4	6.244	11.063		
14:1.....g	0.001	0.001	3	A	1	0.000	0.000		
15:1.....g	0.000	0.000	3	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.020	0.000	3	AS	1	0.003	0.006		
16:1 c.....g	0.020	0.000	3	A	1	0.003	0.006		
16:1 t.....g	0.000	0.000	3	A	1	0.000	0.000		
17:1.....g	0.000	0.000	3	A	1	0.000	0.000		
18:1 undifferentiated.....g	38.853	0.283	3	AS	1	6.217	11.015		
18:1 c.....g	38.837	0.282	3	A	1	6.214	11.010		
18:1 t.....g	0.017	0.003	3	A	1	0.003	0.005		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.143	0.003	3	A	1	0.023	0.041		
22:1 undifferentiated.....g	0.003	0.001	3	AS	1	0.000	0.001		
22:1 c.....g	0.003	0.001	3	A	1	0.000	0.001		
22:1 t.....g	0.000	0.000	3	A	1	0.000	0.000		
24:1 c.....g	0.004	0.001	3	A	1	0.001	0.001		
Fatty acids, total polyunsaturated.....g	9.805		0	NC	4	1.569	2.780		
18:2 undifferentiated.....g	9.736	0.247	3	AS	1	1.558	2.760		
18:2 n-6 c,c.....g	9.723	0.247	3	A	1	1.556	2.757		
18:2 CLAs.....g	0.003	0.000	3	A	1	0.000	0.001		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.010	0.000	3	A	1	0.002	0.003		
18:3 undifferentiated.....g	0.050	0.000	3	AS	1	0.008	0.014		
18:3 n-3 c,c,c (ALA).....g	0.050	0.000	3	A	1	0.008	0.014		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1	0.000	0.000		
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1	0.000	0.000		
20:2 n-6 c,c.....g	0.000	0.000	3	A	1	0.000	0.000		
20:3 undifferentiated.....g	0.003	0.000	3	AS	1	0.001	0.001		
20:3 n-3.....g	0.001	0.001	3	A	1	0.000	0.000		
20:3 n-6.....g	0.002	0.000	3	A	1	0.000	0.001		
20:4 undifferentiated.....g	0.010	0.000	3	A	1	0.002	0.003		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1	0.000	0.000		
21:5.....g									
22:4.....g	0.003	0.000	3	A	1	0.001	0.001		
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1	0.000	0.000		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.000	0.000		
Fatty acids, total trans.....g	0.027		0	NC	4	0.004	0.008		
Fatty acids, total trans-monoenoic.....g	0.017		0	NC	4	0.003	0.005		

NDB No. 12040

Seeds, sunflower seed butter, without salt (1, 2)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.010		0	NC	4		0.002	0.003	
Cholesterol.....mg	0	0.000	3	A	1		0	0	
Phytosterols.....mg									
Stigmasterol.....mg	18	0.374	3	A	1		3	5	
Campesterol.....mg	21	0.691	3	A	1		3	6	
Beta-sitosterol.....mg	170	3.475	3	A	1		27	48	
<b>Amino Acids:</b>									
Tryptophan.....g	0.285		0	A	1		0.046	0.081	
Threonine.....g	0.723		0	A	1		0.116	0.205	
Isoleucine.....g	0.842		0	A	1		0.135	0.239	
Leucine.....g	1.315		0	A	1		0.210	0.373	
Lysine.....g	0.532		0	A	1		0.085	0.151	
Methionine.....g	0.435		0	A	1		0.070	0.123	
Cystine.....g	0.268		0	A	1		0.043	0.076	
Phenylalanine.....g	0.942		0	A	1		0.151	0.267	
Tyrosine.....g	0.435		0	A	1		0.070	0.123	
Valine.....g	1.002		0	A	1		0.160	0.284	
Arginine.....g	1.753		0	A	1		0.281	0.497	
Histidine.....g	0.492		0	A	1		0.079	0.139	
Alanine.....g	0.865		0	A	1		0.138	0.245	
Aspartic acid.....g	1.848		0	A	1		0.296	0.524	
Glutamic acid.....g	4.273		0	A	1		0.684	1.211	
Glycine.....g	1.123		0	A	1		0.180	0.318	
Proline.....g	0.878		0	A	1		0.141	0.249	
Serine.....g	0.857		0	A	1		0.137	0.243	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 16g: 1 tbsp

Measure 2 = 28.35g: 1 oz

**Footnotes:**

- Made with NuSun sunflower seeds; some brands have different formulation.
- Other phytosterols = 21.6 mg/100g; these include delta 5-avenasterol, sitostanol, and campestanol.

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 12041

Seeds, sunflower seed flour, partially defatted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	7.47	0.717	11		1		4.78	0.30	
Energy.....kcal	326		0	NC	4		209	13	
Energy.....kJ	1364				4		873	55	
Protein (N x 5.3).....g	48.06	1.439	11		1		30.76	1.92	
Total lipid (fat).....g	1.61	0.188	11		1		1.03	0.06	
Ash.....g	7.04	0.213	8		1		4.51	0.28	
Carbohydrate, by difference.....g	35.83		0	NC	4		22.93	1.43	
Fiber, total dietary.....g	5.2		0		4		3.3	0.2	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	114		0		1		73	5	
Iron, Fe.....mg	6.62		0		1		4.24	0.26	
Magnesium, Mg.....mg	346		0		1		221	14	
Phosphorus, P.....mg	689		0		1		441	28	
Potassium, K.....mg	67		0		1		43	3	
Sodium, Na.....mg	3		0		1		2	0	
Zinc, Zn.....mg	4.95		0		1		3.17	0.20	
Copper, Cu.....mg	1.713		0		1		1.096	0.069	
Manganese, Mn.....mg	1.975		0		1		1.264	0.079	
Selenium, Se.....µg	58.2		0	BFSN	4		37.2	2.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.3		0		4		0.8	0.1	
Thiamin.....mg	3.187	0.121	3		1		2.040	0.127	
Riboflavin.....mg	0.266		0		4		0.170	0.011	
Niacin.....mg	7.313	0.293	3		1		4.680	0.293	
Pantothenic acid.....mg	6.595	0.320	3		1		4.221	0.264	
Vitamin B-6.....mg	0.753		0		4		0.482	0.030	
Folate, total.....µg	222		0		4		142	9	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	222		0		4		142	9	
Folate, DFE.....µg	222		0	NC	4		142	9	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	2		0		4		2	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	49		0		4		31	2	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 12041

Seeds, sunflower seed flour, partially defatted

---

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 64g: 1 cup

Measure 2 = 4.0g: 1 tbsp

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12536

Seeds, sunflower seed kernels from shell, dry roasted, with salt added

Refuse:46% Hulls

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.20		1		1		1.54	0.34	0.32
Energy.....kcal	546		0	NC	4		699	155	147
Energy.....kJ	2285		0	NC	4		2925	648	617
Protein (N x 5.3).....g	19.33		1		1		24.74	5.48	5.22
Total lipid (fat).....g	49.80		1		1		63.74	14.12	13.45
Ash.....g	14.36		0	NC	4		18.38	4.07	3.88
Carbohydrate, by difference.....g	15.31		0	LC	8		19.60	4.34	4.13
Fiber, total dietary.....g	9.0		0		4		11.5	2.6	2.4
Sugars, total.....g	2.73		0	NC	4		3.50	0.77	0.74
Sucrose.....g	2.70	0.346	3	A	1		3.46	0.77	0.73
Glucose (dextrose).....g	0.03	0.033	3	A	1		0.04	0.01	0.01
Fructose.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Lactose.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Maltose.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Galactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	70		1		1		90	20	19
Iron, Fe.....mg	3.80		1		1		4.86	1.08	1.03
Magnesium, Mg.....mg	129		0		1		165	37	35
Phosphorus, P.....mg	1155		0		1		1478	327	312
Potassium, K.....mg	850		1		1		1088	241	230
Sodium, Na (1).....mg	6008		0	LC	8		7690	1703	1622
Zinc, Zn.....mg	5.29		0		1		6.77	1.50	1.43
Copper, Cu.....mg	1.830		0		1		2.342	0.519	0.494
Manganese, Mn.....mg	2.110		0		1		2.701	0.598	0.570
Selenium, Se.....µg	79.3		0	BFSN	4		101.5	22.5	21.4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.4		0		4		1.8	0.4	0.4
Thiamin.....mg	0.106		1		1		0.136	0.030	0.029
Riboflavin.....mg	0.246		1		1		0.315	0.070	0.066
Niacin.....mg	7.042		1		1		9.014	1.996	1.901
Pantothenic acid.....mg	7.042		0		4		9.014	1.996	1.901
Vitamin B-6.....mg	0.804		0		4		1.029	0.228	0.217
Folate, total.....µg	237		0		4		304	67	64
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	237		0		4		304	67	64
Folate, DFE.....µg	237		0	NC	4		304	67	64
Choline, total.....mg	55.1		0	BFZN	4		70.5	15.6	14.9
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	BFZN	4		1	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	5		0	BFZN	4		7	2	1
Carotene, alpha.....µg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0	0	0
Vitamin A, IU.....IU	9		0	BFZN	4		12	3	2
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	26.10	4.832	4	A	1		33.41	7.40	7.05
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	1.19	0.068	4	A	1		1.52	0.34	0.32
Tocopherol, gamma.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.24	0.240	4	A	1		0.31	0.07	0.06
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00

Seeds, sunflower seed kernels from shell, dry roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	2.7		0	BFFN	4		3.5	0.8	0.7
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.219		0		1		6.680	1.480	1.409
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.051		0		1		0.065	0.014	0.014
15:0.....g									
16:0.....g	2.808		0		1		3.594	0.796	0.758
17:0.....g									
18:0.....g	2.212		0		1		2.831	0.627	0.597
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.505		0		1		12.166	2.695	2.566
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.049		0		1		0.063	0.014	0.013
17:1.....g									
18:1 undifferentiated.....g	9.399		0		1		12.031	2.665	2.538
20:1.....g	0.048		0		1		0.061	0.014	0.013
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	32.884		0		1		42.092	9.323	8.879
18:2 undifferentiated.....g	32.782		0		1		41.961	9.294	8.851
18:3 undifferentiated.....g	0.069		0		1		0.088	0.020	0.019
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.295		0		1		0.378	0.084	0.080
Threonine.....g	0.788		0		1		1.009	0.223	0.213
Isoleucine.....g	0.967		0		1		1.238	0.274	0.261
Leucine.....g	1.408		0		1		1.802	0.399	0.380
Lysine.....g	0.795		0		1		1.018	0.225	0.215
Methionine.....g	0.420		0		1		0.538	0.119	0.113
Cystine.....g	0.383		0		1		0.490	0.109	0.103
Phenylalanine.....g	0.992		0		1		1.270	0.281	0.268
Tyrosine.....g	0.565		0		1		0.723	0.160	0.153
Valine.....g	1.116		0		1		1.428	0.316	0.301
Arginine.....g	2.039		0		1		2.610	0.578	0.551
Histidine.....g	0.536		0		1		0.686	0.152	0.145
Alanine.....g	0.948		0		1		1.213	0.269	0.256

NDB No. 12536

Seeds, sunflower seed kernels from shell, dry roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	2.076		0		1		2.657	0.589	0.561
Glutamic acid.....g	4.735		0		1		6.061	1.342	1.278
Glycine.....g	1.240		0		1		1.587	0.352	0.335
Proline.....g	1.003		0		1		1.284	0.284	0.271
Serine.....g	0.912		0		1		1.167	0.259	0.246
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0				0.0	0.0	0.0
Caffeine.....mg	0		0	Z			0	0	0
Theobromine.....mg	0		0	Z			0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 128g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 27g: 1 package (1.875 oz) yields

**Footnotes:**

1 Sodium includes salt on shells. Sodium from kernels only is 372 mg/100 g.

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12036

Seeds, sunflower seed kernels, dried

*Helianthus annuus*

Refuse:46% Hulls

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.73	0.255	5	A	1		2.18	6.63	
Energy.....kcal	584		0	NC	4		269	818	
Energy.....kJ	2445		0	NC	4		1124	3422	
Protein (N x 5.3).....g	20.78		2	A	1		9.56	29.09	
Total lipid (fat).....g	51.46		2	A	1		23.67	72.05	
Ash.....g	3.02		2	A	1		1.39	4.23	
Carbohydrate, by difference.....g	20.00		0	NC	4		9.20	28.00	
Fiber, total dietary.....g	8.6	1.883	5	A	1		3.9	12.0	
Sugars, total.....g	2.62		0	BFSN	4		1.20	3.67	
Sucrose.....g	2.50	0.231	3	A	1		1.15	3.50	
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	78		2	A	1		36	109	
Iron, Fe.....mg	5.25		2	A	1		2.41	7.35	
Magnesium, Mg.....mg	325		2	A	1		150	455	
Phosphorus, P.....mg	660		2	A	1		304	924	
Potassium, K.....mg	645		2	A	1		297	903	
Sodium, Na.....mg	9		2	A	1		4	13	
Zinc, Zn.....mg	5.00		2	A	1		2.30	7.00	
Copper, Cu.....mg	1.800		2	A	1		0.828	2.520	
Manganese, Mn.....mg	1.950		2	A	1		0.897	2.730	
Selenium, Se.....µg	53.0	8.050	11	A	1		24.4	74.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.4		0		4		0.6	2.0	
Thiamin.....mg	1.480		2	A	1		0.681	2.072	
Riboflavin.....mg	0.355		2	A	1		0.163	0.496	
Niacin.....mg	8.335		2	A	1		3.834	11.669	
Pantothenic acid.....mg	1.130		2	A	1		0.520	1.582	
Vitamin B-6.....mg	1.345		2	A	1		0.619	1.883	
Folate, total.....µg	227		0		4		105	318	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	227		0		4		105	318	
Folate, DFE.....µg	227		0	NC	4		105	318	
Choline, total.....mg	55.1		0	AS	1		25.3	77.1	
Betaine.....mg	35.4		2	A	1		16.3	49.5	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	3		0	NC	4		1	4	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	30		0	BNA	4		14	42	
Carotene, alpha.....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BNA	4		0	0	
Vitamin A, IU.....IU	50		0		1		23	70	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	35.17	4.981	5	A	1		16.18	49.24	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	1.18	0.125	4	A	1		0.55	1.66	
Tocopherol, gamma.....mg	0.37	0.178	4	A	1		0.17	0.51	
Tocopherol, delta.....mg	0.02	0.015	4	A	1		0.01	0.02	
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0		1	A	1		0.0	0.0	
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg	0.0		1	A	1		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.455		0	NC	4		2.049	6.236	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.025		2	A	1		0.011	0.035	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	2.210		2	A	1		1.017	3.094	
17:0.....g	0.020		2	A	1		0.009	0.028	
18:0.....g	1.690		2	A	1		0.777	2.366	
20:0.....g	0.115		2	A	1		0.053	0.161	
22:0.....g	0.320		2	A	1		0.147	0.448	
24:0.....g	0.075		2	A	1		0.034	0.105	
Fatty acids, total monounsaturated.....g	18.528		0	NC	4		8.523	25.940	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.020		2	A	1		0.009	0.028	
17:1.....g	0.015		2	A	1		0.007	0.021	
18:1 undifferentiated.....g	18.380		2	A	1		8.455	25.732	
20:1.....g	0.085		2	A	1		0.039	0.119	
22:1 undifferentiated.....g	0.029		2	A	1		0.013	0.040	
24:1 c.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	23.137		0	NC	4		10.643	32.392	
18:2 undifferentiated.....g	23.050		2	A	1		10.603	32.270	
18:3 undifferentiated.....g	0.060		2	A	1		0.028	0.084	
18:4.....g	0.014		2	A	1		0.006	0.019	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.014		2	A	1		0.006	0.019	
21:5.....g	0.000		2	A	1		0.000	0.000	
22:4.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	534		0		1		246	748	
<b>Amino Acids:</b>									
Tryptophan.....g	0.348		25		1		0.160	0.487	
Threonine.....g	0.928		41		1		0.427	1.299	
Isoleucine.....g	1.139		41		1		0.524	1.595	
Leucine.....g	1.659		41		1		0.763	2.323	
Lysine.....g	0.937		44		1		0.431	1.312	
Methionine.....g	0.494		40		1		0.227	0.692	
Cystine.....g	0.451		26		1		0.207	0.631	
Phenylalanine.....g	1.169		40		1		0.538	1.637	
Tyrosine.....g	0.666		31		1		0.306	0.932	
Valine.....g	1.315		41		1		0.605	1.841	
Arginine.....g	2.403		35		1		1.105	3.364	
Histidine.....g	0.632		35		1		0.291	0.885	
Alanine.....g	1.117		26		1		0.514		



NDB No. 12036

Seeds, sunflower seed kernels, dried

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine.....g	1.117				1			1.564	
Aspartic acid.....g	2.446		26		1		1.125	3.424	
Glutamic acid.....g	5.579		26		1		2.566	7.811	
Glycine.....g	1.461		26		1		0.672	2.045	
Proline.....g	1.182		25		1		0.544	1.655	
Serine.....g	1.075		26		1		0.495	1.505	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 46g: 1 cup, with hulls, edible yield

Measure 2 = 140g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12537

Seeds, sunflower seed kernels, dry roasted, with salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.20		1		1		1.54	0.34	
Energy.....kcal	582		0	NC	4		745	165	
Energy.....kJ	2435		0		4		3117	690	
Protein (N x 5.3).....g	19.33		1		1		24.74	5.48	
Total lipid (fat).....g	49.80		1		1		63.74	14.12	
Ash.....g	5.60		1		1		7.17	1.59	
Carbohydrate, by difference.....g	24.07		0	NC	4		30.81	6.82	
Fiber, total dietary.....g	9.0		0		4		11.5	2.6	
Sugars, total.....g	2.73		0	NC	4		3.50	0.77	
Sucrose.....g	2.70	0.346	3	A	1		3.46	0.77	
Glucose (dextrose).....g	0.03	0.033	3	A	1		0.04	0.01	
Fructose.....g	0.00		0	BFZN	4		0.00	0.00	
Lactose.....g	0.00		0	BFZN	4		0.00	0.00	
Maltose.....g	0.00		0	BFZN	4		0.00	0.00	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	70		1		1		90	20	
Iron, Fe.....mg	3.80		1		1		4.86	1.08	
Magnesium, Mg.....mg	129		0		1		165	37	
Phosphorus, P.....mg	1155		0		1		1478	327	
Potassium, K.....mg	850		1		1		1088	241	
Sodium, Na.....mg	655		0	LC	8		838	186	
Zinc, Zn.....mg	5.29		0		1		6.77	1.50	
Copper, Cu.....mg	1.830		0		1		2.342	0.519	
Manganese, Mn.....mg	2.110		0		1		2.701	0.598	
Selenium, Se.....µg	79.3		0	BFSN	4		101.5	22.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.4		0		4		1.8	0.4	
Thiamin.....mg	0.106		1		1		0.136	0.030	
Riboflavin.....mg	0.246		1		1		0.315	0.070	
Niacin.....mg	7.042		1		1		9.014	1.996	
Pantothenic acid.....mg	7.042		0		4		9.014	1.996	
Vitamin B-6.....mg	0.804		0		4		1.029	0.228	
Folate, total.....µg	237		0		4		304	67	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	237		0		4		304	67	
Folate, DFE.....µg	237		0	NC	4		304	67	
Choline, total.....mg	55.1		0	BFZN	4		70.5	15.6	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	BFZN	4		1	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	5		0	BFZN	4		7	2	
Carotene, alpha.....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0	0	
Vitamin A, IU.....IU	9		0	BFZN	4		12	3	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	26.10	4.832	4	A	1		33.41	7.40	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	1.19	0.068	4	A	1		1.52	0.34	
Tocopherol, gamma.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.24	0.240	4	A	1		0.31	0.07	
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	

Seeds, sunflower seed kernels, dry roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	2.7		0	BFFN	4		3.5	0.8	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b><u>Lipids:</u></b>									
Fatty acids, total saturated.....g	5.219		0		1		6.680	1.480	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.051		0		1		0.065	0.014	
15:0.....g									
16:0.....g	2.808		0		1		3.594	0.796	
17:0.....g									
18:0.....g	2.212		0		1		2.831	0.627	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.505		0		1		12.166	2.695	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.049		0		1		0.063	0.014	
17:1.....g									
18:1 undifferentiated.....g	9.399		0		1		12.031	2.665	
20:1.....g	0.048		0		1		0.061	0.014	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	32.884		0		1		42.092	9.323	
18:2 undifferentiated.....g	32.782		0		1		41.961	9.294	
18:3 undifferentiated.....g	0.069		0		1		0.088	0.020	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.295		0		1		0.378	0.084	
Threonine.....g	0.788		0		1		1.009	0.223	
Isoleucine.....g	0.967		0		1		1.238	0.274	
Leucine.....g	1.408		0		1		1.802	0.399	
Lysine.....g	0.795		0		1		1.018	0.225	
Methionine.....g	0.420		0		1		0.538	0.119	
Cystine.....g	0.383		0		1		0.490	0.109	
Phenylalanine.....g	0.992		0		1		1.270	0.281	
Tyrosine.....g	0.565		0		1		0.723	0.160	
Valine.....g	1.116		0		1		1.428	0.316	
Arginine.....g	2.039		0		1		2.610	0.578	
Histidine.....g	0.536		0		1		0.686	0.152	
Alanine.....g	0.948		0		1		1.213	0.269	

NDB No. 12537

Seeds, sunflower seed kernels, dry roasted, with salt added

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Aspartic acid.....g	2.076		0		1	2.657	0.589
Glutamic acid.....g	4.735		0		1	6.061	1.342
Glycine.....g	1.240		0		1	1.587	0.352
Proline.....g	1.003		0		1	1.284	0.284
Serine.....g	0.912		0		1	1.167	0.259
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 128g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12037

Seeds, sunflower seed kernels, dry roasted, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.20		1		1		1.54	0.34	
Energy.....kcal	582		0	NC	4		745	165	
Energy.....kJ	2435		0		4		3117	690	
Protein (N x 5.3).....g	19.33		1		1		24.74	5.48	
Total lipid (fat).....g	49.80		1		1		63.74	14.12	
Ash.....g	5.60		1		1		7.17	1.59	
Carbohydrate, by difference.....g	24.07		0	NC	4		30.81	6.82	
Fiber, total dietary.....g	11.1		0		4		14.2	3.1	
Sugars, total.....g	2.73		0	BFZN	4		3.50	0.77	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	70		1		1		90	20	
Iron, Fe.....mg	3.80		1		1		4.86	1.08	
Magnesium, Mg.....mg	129		0		1		165	37	
Phosphorus, P.....mg	1155		0		1		1478	327	
Potassium, K.....mg	850		1		1		1088	241	
Sodium, Na.....mg	3		0		1		4	1	
Zinc, Zn.....mg	5.29		0		1		6.77	1.50	
Copper, Cu.....mg	1.830		0		1		2.342	0.519	
Manganese, Mn.....mg	2.110		0		1		2.701	0.598	
Selenium, Se.....µg	79.3		0	BFSN	4		101.5	22.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.4		0		4		1.8	0.4	
Thiamin.....mg	0.106		1		1		0.136	0.030	
Riboflavin.....mg	0.246		1		1		0.315	0.070	
Niacin.....mg	7.042		1		1		9.014	1.996	
Pantothenic acid.....mg	7.042		0		4		9.014	1.996	
Vitamin B-6.....mg	0.804		0		4		1.029	0.228	
Folate, total.....µg	237		0		4		304	67	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	237		0		4		304	67	
Folate, DFE.....µg	237		0	NC	4		304	67	
Choline, total.....mg	55.1		0	BFZN	4		70.5	15.6	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	BFZN	4		1	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	5		0	BFZN	4		7	2	
Carotene, alpha.....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0	0	
Vitamin A, IU.....IU	9		0	BFZN	4		12	3	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	26.10	4.832	4	A	1		33.41	7.40	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	1.19	0.068	4	A	1		1.52	0.34	
Tocopherol, gamma.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.24	0.240	4	A	1		0.31	0.07	
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	2.7		0	BFZN	4		3.5	0.8	



NDB No. 12037

Seeds, sunflower seed kernels, dry roasted, without salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 128g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12538

Seeds, sunflower seed kernels, oil roasted, with salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
<b>Proximates:</b>									
Water.....g	1.54		5	A	1		2.08	0.44	
Energy.....kcal	592		0	NC	4		799	168	
Energy.....kJ	2477		0	NC	4		3344	702	
Protein (N x 5.3).....g	20.06		2	A	1		27.08	5.69	
Total lipid (fat) (1).....g	51.30		2	A	1		69.25	14.54	
Ash.....g	4.22		2	A	1		5.69	1.20	
Carbohydrate, by difference.....g	22.89		0	NC	4		30.90	6.49	
Fiber, total dietary.....g	10.6		1	A	1		14.3	3.0	
Sugars, total.....g	3.11		5	A	1		4.19	0.88	
Sucrose.....g	2.37		5	A	1		3.20	0.67	
Glucose (dextrose).....g	0.74		5	A	1		0.99	0.21	
Fructose.....g	0.00		2	A	1		0.00	0.00	
Lactose.....g	0.00		2	A	1		0.00	0.00	
Maltose.....g	0.00		2	A	1		0.00	0.00	
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	87		2	A	1		118	25	
Iron, Fe.....mg	4.28		2	A	1		5.77	1.21	
Magnesium, Mg.....mg	127		1		1		171	36	
Phosphorus, P.....mg	1139		1		1		1538	323	
Potassium, K.....mg	483		1		1		652	137	
Sodium, Na.....mg	733		0	LC	8		990	208	
Zinc, Zn.....mg	5.21		0		1		7.03	1.48	
Copper, Cu.....mg	1.804		0		1		2.435	0.511	
Manganese, Mn.....mg	2.080		0		1		2.808	0.590	
Selenium, Se.....µg	78.2	6.320	5	A	1		105.6	22.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.1		2	A	1		1.4	0.3	
Thiamin.....mg	0.320		1		1		0.432	0.091	
Riboflavin.....mg	0.280		1		1		0.378	0.079	
Niacin.....mg	4.130		1		1		5.576	1.171	
Pantothenic acid.....mg	6.942		0		4		9.372	1.968	
Vitamin B-6.....mg	0.792		0		4		1.069	0.225	
Folate, total.....µg	234		1		1		316	66	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	234		1		1		316	66	
Folate, DFE.....µg	234		0	NC	4		316	66	
Choline, total.....mg	55.1		0	BFZN	4		74.3	15.6	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		3	A	1		1	0	
Retinol.....µg	0		1	A	1		0	0	
Carotene, beta.....µg	5		3	A	1		7	2	
Carotene, alpha.....µg	0		2	A	1		0	0	
Cryptoxanthin, beta.....µg	0		2	A	1		0	0	
Vitamin A, IU.....IU	9		3	A	1		12	3	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) (2).....mg	36.33	2.236	3	A	1		49.05	10.30	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	1.41	0.206	3	A	1		1.90	0.40	
Tocopherol, gamma.....mg	0.46	0.087	3	A	1		0.62	0.13	
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	



Seeds, sunflower seed kernels, oil roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Tocotrienol, gamma.....mg	0.00		1	A	1	0.00	0.00
Tocotrienol, delta.....mg	0.00		1	A	1	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0
Vitamin D2 (ergocalciferol).....µg							
Vitamin D3 (cholecalciferol).....µg							
Vitamin D.....IU	0		0	Z	7	0	0
Vitamin K (phylloquinone).....µg	3.1		0	BFFN	4	4.2	0.9
Dihydrophyloquinone.....µg							
Menaquinone-4.....µg							
<b>Lipids:</b>							
Fatty acids, total saturated.....g	7.068		0	NC	4	9.541	2.004
4:0.....g	0.000		1	A	1	0.000	0.000
6:0.....g	0.000		1	A	1	0.000	0.000
8:0.....g	0.000		1	A	1	0.000	0.000
10:0.....g	0.000		1	A	1	0.000	0.000
12:0.....g	0.000		1	A	1	0.000	0.000
13:0.....g	0.000		1	A	1	0.000	0.000
14:0.....g	0.086		2	A	1	0.116	0.024
15:0.....g	0.006		2	A	1	0.009	0.002
16:0.....g	4.218		2	A	1	5.694	1.196
17:0.....g	0.022		2	A	1	0.030	0.006
18:0.....g	2.097		2	A	1	2.831	0.595
20:0.....g	0.146		2	A	1	0.197	0.041
22:0.....g	0.380		2	A	1	0.513	0.108
24:0.....g	0.112		2	A	1	0.152	0.032
Fatty acids, total monounsaturated.....g	8.063		0	NC	4	10.885	2.286
14:1.....g	0.000		1	A	1	0.000	0.000
15:1.....g	0.000		1	A	1	0.000	0.000
16:1 undifferentiated.....g	0.058		0	AS	1	0.078	0.016
16:1 c.....g	0.050		1	A	1	0.068	0.014
16:1 t.....g	0.008		1	A	1	0.010	0.002
17:1.....g	0.003		2	A	1	0.004	0.001
18:1 undifferentiated.....g	7.925		0	AS	1	10.699	2.247
18:1 c.....g	7.859		1	A	1	10.609	2.228
18:1 t.....g	0.066		1	A	1	0.089	0.019
18:1-11 t (18:1t n-7).....g							
20:1.....g	0.077		2	A	1	0.104	0.022
22:1 undifferentiated.....g	0.000		1	A	1	0.000	0.000
24:1 c.....g	0.000		1	A	1	0.000	0.000
Fatty acids, total polyunsaturated.....g	34.294		0	NC	4	46.297	9.722
18:2 undifferentiated.....g	34.208		0	AS	1	46.180	9.698
18:2 n-6 c,c.....g	34.124		1	A	1	46.067	9.674
18:2 CLAs.....g							
18:2 t,t.....g							
18:2 i.....g							
18:2 t not further defined.....g	0.084		1	A	1	0.114	0.024
18:3 undifferentiated.....g	0.081		0	AS	1	0.110	0.023
18:3 n-3 c,c,c (ALA).....g	0.076		1	A	1	0.102	0.021
18:3 n-6 c,c,c.....g	0.006		1	A	1	0.008	0.002
18:3i.....g							
18:4.....g	0.000		0		1	0.000	0.000
20:2 n-6 c,c.....g	0.005		2	A	1	0.007	0.001
20:3 undifferentiated.....g	0.000		1	A	1	0.000	0.000
20:3 n-3.....g							
20:3 n-6.....g							
20:4 undifferentiated.....g	0.000		1	A	1	0.000	0.000
20:4 n-6.....g							
20:5 n-3 (EPA).....g	0.000		1	A	1	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000
22:6 n-3 (DHA).....g	0.000		1	A	1	0.000	0.000
Fatty acids, total trans.....g	0.158		0	NC	4	0.213	0.045

NDB No. 12538

Seeds, sunflower seed kernels, oil roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.074		0	NC	4		0.099	0.021	
Fatty acids, total trans-polyenoic.....g	0.084		0	NC	4		0.114	0.024	
Cholesterol.....mg	0		2	A	1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.306		0	BFPN	4		0.413	0.087	
Threonine.....g	0.817		0	BFPN	4		1.103	0.232	
Isoleucine.....g	1.003		0	BFPN	4		1.354	0.284	
Leucine.....g	1.461		0	BFPN	4		1.972	0.414	
Lysine.....g	0.825		0	BFPN	4		1.114	0.234	
Methionine.....g	0.435		0	BFPN	4		0.587	0.123	
Cystine.....g	0.397		0	BFPN	4		0.536	0.113	
Phenylalanine.....g	1.029		0	BFPN	4		1.389	0.292	
Tyrosine.....g	0.587		0	BFPN	4		0.792	0.166	
Valine.....g	1.158		0	BFPN	4		1.563	0.328	
Arginine.....g	2.116		0	BFPN	4		2.856	0.600	
Histidine.....g	0.556		0	BFPN	4		0.750	0.158	
Alanine.....g	0.984		0	BFPN	4		1.329	0.279	
Aspartic acid.....g	2.153		0	BFPN	4		2.907	0.610	
Glutamic acid.....g	4.912		0	BFPN	4		6.631	1.393	
Glycine.....g	1.286		0	BFPN	4		1.737	0.365	
Proline.....g	1.040		0	BFPN	4		1.405	0.295	
Serine.....g	0.947		0	BFPN	4		1.278	0.268	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 135g: 1 cup

Measure 2 = 28.35g: 1 oz

**Footnotes:**

1 Fat and fatty acids based on 25% roasted in cottonseed oil and 75% roasted in sunflower oil

2 Tocopherols and tocotrienols based on seeds roasted in NuSun sunflower oil

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12038

Seeds, sunflower seed kernels, oil roasted, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.54		5	A	1		2.08	0.44	
Energy.....kcal	592		0	NC	4		799	168	
Energy.....kJ	2477		0	NC	4		3344	702	
Protein (N x 5.3).....g	20.06		2	A	1		27.08	5.69	
Total lipid (fat) (1).....g	51.30		2	A	1		69.25	14.54	
Ash.....g	4.22		2	A	1		5.69	1.20	
Carbohydrate, by difference.....g	22.89		0	NC	4		30.90	6.49	
Fiber, total dietary.....g	10.6		1	A	1		14.3	3.0	
Sugars, total.....g	3.11		5	A	1		4.19	0.88	
Sucrose.....g	2.37		5	A	1		3.20	0.67	
Glucose (dextrose).....g	0.74		5	A	1		0.99	0.21	
Fructose.....g	0.00		2	A	1		0.00	0.00	
Lactose.....g	0.00		2	A	1		0.00	0.00	
Maltose.....g	0.00		2	A	1		0.00	0.00	
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	87		2	A	1		118	25	
Iron, Fe.....mg	4.28		2	A	1		5.77	1.21	
Magnesium, Mg.....mg	127		1		1		171	36	
Phosphorus, P.....mg	1139		1		1		1538	323	
Potassium, K.....mg	483		1		1		652	137	
Sodium, Na.....mg	3		0		1		4	1	
Zinc, Zn.....mg	5.21		0		1		7.03	1.48	
Copper, Cu.....mg	1.804		0		1		2.435	0.511	
Manganese, Mn.....mg	2.080		0		1		2.808	0.590	
Selenium, Se.....µg	78.2	6.324	5	A	1		105.6	22.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.1		2	A	1		1.4	0.3	
Thiamin.....mg	0.320		1		1		0.432	0.091	
Riboflavin.....mg	0.280		1		1		0.378	0.079	
Niacin.....mg	4.130		1		1		5.576	1.171	
Pantothenic acid.....mg	6.942		0		4		9.372	1.968	
Vitamin B-6.....mg	0.792		0		4		1.069	0.225	
Folate, total.....µg	234		1		1		316	66	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	234		1		1		316	66	
Folate, DFE.....µg	234		0	NC	4		316	66	
Choline, total.....mg	55.1		0	BFZN	4		74.3	15.6	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		3	A	1		1	0	
Retinol.....µg	0		1	A	1		0	0	
Carotene, beta.....µg	5		3	A	1		7	2	
Carotene, alpha.....µg	0		2	A	1		0	0	
Cryptoxanthin, beta.....µg	0		2	A	1		0	0	
Vitamin A, IU.....IU	9		3	A	1		12	3	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) (2).....mg	36.33	2.236	3	A	1		49.05	10.30	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	1.41	0.206	3	A	1		1.90	0.40	
Tocopherol, gamma.....mg	0.46	0.087	3	A	1		0.62	0.13	
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	

Seeds, sunflower seed kernels, oil roasted, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number			measures of food			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	3.1		0	BFZN	4		4.2	0.9	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.068		0	NC	4		9.541	2.004	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g	0.000		1	A	1		0.000	0.000	
14:0.....g	0.086		2	A	1		0.116	0.024	
15:0.....g	0.006		2	A	1		0.009	0.002	
16:0.....g	4.218		2	A	1		5.694	1.196	
17:0.....g	0.022		2	A	1		0.030	0.006	
18:0.....g	2.097		2	A	1		2.831	0.595	
20:0.....g	0.146		2	A	1		0.197	0.041	
22:0.....g	0.380		2	A	1		0.513	0.108	
24:0.....g	0.112		2	A	1		0.152	0.032	
Fatty acids, total monounsaturated.....g	8.063		0	NC	4		10.885	2.286	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.058		0	AS	1		0.078	0.016	
16:1 c.....g	0.050		1	A	1		0.068	0.014	
16:1 t.....g	0.008		1	A	1		0.010	0.002	
17:1.....g	0.003		2	A	1		0.004	0.001	
18:1 undifferentiated.....g	7.925		0	AS	1		10.699	2.247	
18:1 c.....g	7.859		1	A	1		10.609	2.228	
18:1 t.....g	0.066		1	A	1		0.089	0.019	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.077		2	A	1		0.104	0.022	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	34.294		0	NC	4		46.297	9.722	
18:2 undifferentiated.....g	34.208		0	AS	1		46.180	9.698	
18:2 n-6 c,c.....g	34.124		1	A	1		46.067	9.674	
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.084		1	A	1		0.114	0.024	
18:3 undifferentiated.....g	0.081		0	AS	1		0.110	0.023	
18:3 n-3 c,c,c (ALA).....g	0.076		1	A	1		0.102	0.021	
18:3 n-6 c,c,c.....g	0.006		1	A	1		0.008	0.002	
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g	0.005		2	A	1		0.007	0.001	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.158		0	NC	4		0.213	0.045	

NDB No. 12038

Seeds, sunflower seed kernels, oil roasted, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.074		0	NC	4		0.099	0.021	
Fatty acids, total trans-polyenoic.....g	0.084		0	NC	4		0.114	0.024	
Cholesterol.....mg	0		2	A	1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.306		0	BFPN	4		0.413	0.087	
Threonine.....g	0.817		0	BFPN	4		1.103	0.232	
Isoleucine.....g	1.003		0	BFPN	4		1.354	0.284	
Leucine.....g	1.461		0	BFPN	4		1.972	0.414	
Lysine.....g	0.825		0	BFPN	4		1.114	0.234	
Methionine.....g	0.435		0	BFPN	4		0.587	0.123	
Cystine.....g	0.397		0	BFPN	4		0.536	0.113	
Phenylalanine.....g	1.029		0	BFPN	4		1.389	0.292	
Tyrosine.....g	0.587		0	BFPN	4		0.792	0.166	
Valine.....g	1.158		0	BFPN	4		1.563	0.328	
Arginine.....g	2.116		0	BFPN	4		2.856	0.600	
Histidine.....g	0.556		0	BFPN	4		0.750	0.158	
Alanine.....g	0.984		0	BFPN	4		1.329	0.279	
Aspartic acid.....g	2.153		0	BFPN	4		2.907	0.610	
Glutamic acid.....g	4.912		0	BFPN	4		6.631	1.393	
Glycine.....g	1.286		0	BFPN	4		1.737	0.365	
Proline.....g	1.040		0	BFPN	4		1.405	0.295	
Serine.....g	0.947		0	BFPN	4		1.278	0.268	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 135g: 1 cup

Measure 2 = 28.35g: 1 oz

**Footnotes:**

1 Fat and fatty acids based on 25% roasted in cottonseed oil and 75% roasted in sunflower oil

2 Tocopherols and tocotrienols based on seeds roasted in NuSun sunflower oil

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12539

Seeds, sunflower seed kernels, toasted, with salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.00		1		1		1.34	0.28	
Energy.....kcal	619		0	NC	4		829	175	
Energy.....kJ	2590				4		3470	734	
Protein (N x 5.3).....g	17.21		1		1		23.06	4.88	
Total lipid (fat).....g	56.80		1		1		76.11	16.10	
Ash.....g	4.40		1		1		5.90	1.25	
Carbohydrate, by difference.....g	20.59		0	NC	4		27.59	5.84	
Fiber, total dietary.....g	11.5		0		4		15.4	3.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	57		0		1		76	16	
Iron, Fe.....mg	6.81		0		1		9.13	1.93	
Magnesium, Mg.....mg	129		0		1		173	37	
Phosphorus, P.....mg	1158		0		1		1552	328	
Potassium, K.....mg	491		0		1		658	139	
Sodium, Na.....mg	613		1		1		821	174	
Zinc, Zn.....mg	5.30		0		1		7.10	1.50	
Copper, Cu.....mg	1.834		0		1		2.458	0.520	
Manganese, Mn.....mg	2.114		0		1		2.833	0.599	
Selenium, Se.....µg	62.2		0	BFSN	4		83.3	17.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.4		0		4		1.9	0.4	
Thiamin.....mg	0.325		0		4		0.436	0.092	
Riboflavin.....mg	0.285		0		4		0.382	0.081	
Niacin.....mg	4.198		0		4		5.625	1.190	
Pantothenic acid.....mg	7.056		0		4		9.455	2.000	
Vitamin B-6.....mg	0.805		0		4		1.079	0.228	
Folate, total.....µg	238		0		4		319	67	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	238		0		4		319	67	
Folate, DFE.....µg	238		0	NC	4		319	67	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0		4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 12539

Seeds, sunflower seed kernels, toasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.953		0		1		7.977	1.688	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.058		0		1		0.078	0.016	
15:0.....g									
16:0.....g	3.202		0		1		4.291	0.908	
17:0.....g									
18:0.....g	2.522		0		1		3.379	0.715	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.841		0		1		14.527	3.073	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.056		0		1		0.075	0.016	
17:1.....g									
18:1 undifferentiated.....g	10.720		0		1		14.365	3.039	
20:1.....g	0.055		0		1		0.074	0.016	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	37.507		0		1		50.259	10.633	
18:2 undifferentiated.....g	37.390		0		1		50.103	10.600	
18:3 undifferentiated.....g	0.079		0		1		0.106	0.022	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.263		0		1		0.352	0.075	
Threonine.....g	0.702		0		1		0.941	0.199	
Isoleucine.....g	0.861		0		1		1.154	0.244	
Leucine.....g	1.254		0		1		1.680	0.356	
Lysine.....g	0.708		0		1		0.949	0.201	
Methionine.....g	0.374		0		1		0.501	0.106	
Cystine.....g	0.341		0		1		0.457	0.097	
Phenylalanine.....g	0.883		0		1		1.183	0.250	
Tyrosine.....g	0.503		0		1		0.674	0.143	
Valine.....g	0.994		0		1		1.332	0.282	
Arginine.....g	1.816		0		1		2.433	0.515	
Histidine.....g	0.477		0		1		0.639	0.135	
Alanine.....g	0.844		0		1		1.131	0.239	
Aspartic acid.....g	1.848		0		1		2.476	0.524	
Glutamic acid.....g	4.216		0		1		5.649	1.195	
Glycine.....g	1.104		0		1		1.479	0.313	
Proline.....g	0.893		0		1		1.197	0.253	
Serine.....g	0.812		0		1		1.088	0.230	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12539**

**Seeds, sunflower seed kernels, toasted, with salt added**

**Common Measures:**

Measure 1 = 134g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 12039

Seeds, sunflower seed kernels, toasted, w without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.00		1		1		1.34	0.28	
Energy.....kcal	619		0	NC	4		829	175	
Energy.....kJ	2590				4		3470	734	
Protein (N x 5.3).....g	17.21		1		1		23.06	4.88	
Total lipid (fat).....g	56.80		1		1		76.11	16.10	
Ash.....g	4.40		1		1		5.90	1.25	
Carbohydrate, by difference.....g	20.59		0	NC	4		27.59	5.84	
Fiber, total dietary.....g	11.5		0		4		15.4	3.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	57		0		1		76	16	
Iron, Fe.....mg	6.81		0		1		9.13	1.93	
Magnesium, Mg.....mg	129		0		1		173	37	
Phosphorus, P.....mg	1158		0		1		1552	328	
Potassium, K.....mg	491		0		1		658	139	
Sodium, Na.....mg	3		0		1		4	1	
Zinc, Zn.....mg	5.30		0		1		7.10	1.50	
Copper, Cu.....mg	1.834		0		1		2.458	0.520	
Manganese, Mn.....mg	2.114		0		1		2.833	0.599	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.4		0		4		1.9	0.4	
Thiamin.....mg	0.325		0		4		0.436	0.092	
Riboflavin.....mg	0.285		0		4		0.382	0.081	
Niacin.....mg	4.198		0		4		5.625	1.190	
Pantothenic acid.....mg	7.056		0		4		9.455	2.000	
Vitamin B-6.....mg	0.805		0		4		1.079	0.228	
Folate, total.....µg	238		0		4		319	67	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	238		0		4		319	67	
Folate, DFE.....µg	238		0	NC	4		319	67	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0		4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.953		0		1		7.977	1.688	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.058		0		1		0.078	0.016	
15:0.....g									
16:0.....g	3.202		0		1		4.291	0.908	
17:0.....g									
18:0.....g	2.522		0		1		3.379	0.715	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.841		0		1		14.527	3.073	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.056		0		1		0.075	0.016	
17:1.....g									
18:1 undifferentiated.....g	10.720		0		1		14.365	3.039	
20:1.....g	0.055		0		1		0.074	0.016	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	37.507		0		1		50.259	10.633	
18:2 undifferentiated.....g	37.390		0		1		50.103	10.600	
18:3 undifferentiated.....g	0.079		0		1		0.106	0.022	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.263		0		1		0.352	0.075	
Threonine.....g	0.702		0		1		0.941	0.199	
Isoleucine.....g	0.861		0		1		1.154	0.244	
Leucine.....g	1.254		0		1		1.680	0.356	
Lysine.....g	0.708		0		1		0.949	0.201	
Methionine.....g	0.374		0		1		0.501	0.106	
Cystine.....g	0.341		0		1		0.457	0.097	
Phenylalanine.....g	0.883		0		1		1.183	0.250	
Tyrosine.....g	0.503		0		1		0.674	0.143	
Valine.....g	0.994		0		1		1.332	0.282	
Arginine.....g	1.816		0		1		2.433	0.515	
Histidine.....g	0.477		0		1		0.639	0.135	
Alanine.....g	0.844		0		1		1.131	0.239	
Aspartic acid.....g	1.848		0		1		2.476	0.524	
Glutamic acid.....g	4.216		0		1		5.649	1.195	
Glycine.....g	1.104		0		1		1.479	0.313	
Proline.....g	0.893		0		1		1.197	0.253	
Serine.....g	0.812		0		1		1.088	0.230	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12039**

**Seeds, sunflower seed kernels, toasted, without salt**

**Common Measures:**

Measure 1 = 134g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 12174

Seeds, watermelon seed kernels, dried

*Citrullus lanatus*

Refuse:63% Hard seed coat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	5.05	0.390	18		1		5.45	1.43	
Energy.....kcal	557		0	NC	4		602	158	
Energy.....kJ	2330				4		2517	661	
Protein (N x 5.3).....g	28.33	0.558	15		1		30.60	8.03	
Total lipid (fat).....g	47.37	1.481	15		1		51.16	13.43	
Ash.....g	3.94	0.149	10		1		4.26	1.12	
Carbohydrate, by difference.....g	15.31		0	NC	4		16.53	4.34	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	54	7.659	10		1		58	15	
Iron, Fe.....mg	7.28	0.532	9		1		7.86	2.06	
Magnesium, Mg.....mg	515	24.437	6		1		556	146	
Phosphorus, P.....mg	755	37.018	10		1		815	214	
Potassium, K.....mg	648	15.448	6		1		700	184	
Sodium, Na.....mg	99	88.049	6		1		107	28	
Zinc, Zn.....mg	10.24		0		4		11.06	2.90	
Copper, Cu.....mg	0.686		0		4		0.741	0.194	
Manganese, Mn.....mg	1.614		0		4		1.743	0.458	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.190	0.045	3		1		0.205	0.054	
Riboflavin.....mg	0.145		2		1		0.157	0.041	
Niacin.....mg	3.550		2		1		3.834	1.006	
Pantothenic acid.....mg	0.346		0		4		0.374	0.098	
Vitamin B-6.....mg	0.089		0		4		0.096	0.025	
Folate, total.....µg	58	0.548	3		1		63	16	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	58	0.548	3		1		63	16	
Folate, DFE.....µg	58		0	NC	4		63	16	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		1		1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 12174

Seeds, watermelon seed kernels, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	9.779		0		1	10.561	2.772
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g							
15:0.....g							
16:0.....g	5.413		3		1	5.846	1.535
17:0.....g							
18:0.....g	4.299		3		1	4.643	1.219
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	7.407		0		1	8.000	2.100
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.090		1		1	0.097	0.026
17:1.....g							
18:1 undifferentiated.....g	7.317		3		1	7.902	2.074
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	28.094		0		1	30.342	7.965
18:2 undifferentiated.....g	28.094		3		1	30.342	7.965
18:3 undifferentiated.....g							
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.390		1		1	0.421	0.111
Threonine.....g	1.112		3		1	1.201	0.315
Isoleucine.....g	1.342		3		1	1.449	0.380
Leucine.....g	2.149		3		1	2.321	0.609
Lysine.....g	0.887		3		1	0.958	0.251
Methionine.....g	0.834		3		1	0.901	0.236
Cystine.....g	0.438		2		1	0.473	0.124
Phenylalanine.....g	2.031		3		1	2.193	0.576
Tyrosine.....g	1.016		3		1	1.097	0.288
Valine.....g	1.556		3		1	1.680	0.441
Arginine.....g	4.897		3		1	5.289	1.388
Histidine.....g	0.775		3		1	0.837	0.220
Alanine.....g	1.492		3		1	1.611	0.423
Aspartic acid.....g	2.764		3		1	2.985	0.784
Glutamic acid.....g	5.699		3		1	6.155	1.616
Glycine.....g	1.663		3		1	1.796	0.471
Proline.....g	1.251		3		1	1.351	0.355
Serine.....g	1.508		3		1	1.629	0.428
Hydroxyproline.....g							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 12174**

**Seeds, watermelon seed kernels, dried**

**Common Measures:**

Measure 1 = 108g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 12 Nut and Seed Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)