

## Basic Report 12062, Nuts, almonds, blanched [a](#)

Report Date: August 05, 2019 14:39 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup whole kernels 145g	1 tbsp 9.1g	1 oz 28.35g
<b>Proximates</b>					
Water	g	4.51	6.54	0.41	1.28
Energy	kcal	590	856	54	167
Protein	g	21.40	31.03	1.95	6.07
Total lipid (fat)	g	52.52	76.15	4.78	14.89
Carbohydrate, by difference	g	18.67	27.07	1.70	5.29
Fiber, total dietary	g	9.9	14.4	0.9	2.8
Sugars, total	g	4.63	6.71	0.42	1.31
<b>Minerals</b>					
Calcium, Ca	mg	236	342	21	67
Iron, Fe	mg	3.28	4.76	0.30	0.93
Magnesium, Mg	mg	268	389	24	76
Phosphorus, P	mg	481	697	44	136
Potassium, K	mg	659	956	60	187
Sodium, Na	mg	19	28	2	5
Zinc, Zn	mg	2.97	4.31	0.27	0.84
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.191	0.277	0.017	0.054
Riboflavin	mg	0.711	1.031	0.065	0.202
Niacin	mg	3.500	5.075	0.319	0.992
Vitamin B-6	mg	0.115	0.167	0.010	0.033
Folate, DFE	µg	49	71	4	14
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	7	10	1	2

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Vitamin E (alpha-tocopherol)	mg	23.75	34.44	2.16	6.73
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
<b>Lipids</b>					
Fatty acids, total saturated	g	3.953	5.732	0.360	1.121
Fatty acids, total monounsaturated	g	33.415	48.452	3.041	9.473
Fatty acids, total polyunsaturated	g	12.368	17.934	1.125	3.506
Fatty acids, total trans	g	0.019	0.028	0.002	0.005
Cholesterol	mg	0	0	0	0
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0

**Footnotes**  
<sup>a</sup> Unroasted