

Almond Kernels



Nutrient	Units	Value per 100gr	Value per 28gr,1 oz (1 handful)
Proximates			
Water	g	4.41	1.25
Energy	kcal	579	164
Energy	kJ	2423	687
Protein	g	21.15	6.00
Total lipid (fat)	g	49.93	14.16
Ash	g	2.97	0.84
Carbohydrate, by difference	g	21.55	6.11
Fiber, total dietary	g	12.5	3.5
Sugars, total	g	4.35	1.23
Sucrose	g	3.95	1.12
Glucose (dextrose)	g	0.17	0.05
Fructose	g	0.11	0.03
Lactose	g	0.00	0.00
Maltose	g	0.04	0.01
Galactose	g	0.07	0.02
Starch	g	0.72	0.20
Minerals			
Calcium, Ca	mg	269	76
Iron, Fe	mg	3.71	1.05

Magnesium, Mg	mg	270	77
Phosphorus, P	mg	481	136
Potassium, K	mg	733	208
Sodium, Na	mg	1	0.0
Zinc, Zn	mg	3.12	0.88
Copper, Cu	mg	1.031	0.292
Manganese, Mn	mg	2.179	0.618
Selenium, Se	µg	4.1	1.2
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.205	0.058
Riboflavin	mg	1.138	0.323
Niacin	mg	3.618	1.026
Pantothenic acid	mg	0.471	0.134
Vitamin B-6	mg	0.137	0.039
Folate, total	µg	44	12
Folic acid	µg	0.0	0.0
Folate, food	µg	44	12
Folate, DFE	µg	44	12
Choline, total	mg	52.1	14.8
Betaine	mg	0.5	0.1
Vitamin B-12	µg	0.00	0.00
Vitamin B-12, added	µg	0.00	0.00
Vitamin A, RAE	µg	0.0	0.0
Retinol	µg	0.0	0.0
Carotene, beta	µg	1	0.0
Carotene, alpha	µg	0.0	0.0
Cryptoxanthin, beta	µg	0.0	0.0
Vitamin A, IU	IU	2	1

Lycopene	µg	0.0	0.0
Lutein + zeaxanthin	µg	1	0.0
Vitamin E (alpha-tocopherol)	mg	25.63	7.27
Vitamin E, added	mg	0.00	0.00
Tocopherol, beta	mg	0.23	0.07
Tocopherol, gamma	mg	0.64	0.18
Tocopherol, delta	mg	0.07	0.02
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0.0	0.0
Vitamin K (phylloquinone)	µg	0.0	0.0
Lipids			
4:0	g	0.000	0.000
Fatty acids, total saturated	g	3.802	1.078
6:0	g	0.000	0.000
8:0	g	0.000	0.000
10:0	g	0.000	0.000
14:1	g	0.000	0.000
17:0	g	0.004	0.001
12:0	g	0.000	0.000
14:0	g	0.003	0.001
15:1	g	0.000	0.000
13:0	g	0.000	0.000
18:0	g	0.704	0.200
15:0	g	0.000	0.000
16:1 undifferentiated	g	0.239	0.068
20:0	g	0.007	0.002
22:0	g	0.001	0.000
16:0	g	3.083	0.874
18:1 undifferentiated	g	31.294	8.872

18:1 c	g	31.294	8.872
16:1 c	g	0.227	0.064
18:2 n-6 c,c	g	12.320	3.493
16:1 t	g	0.012	0.003
18:1 t	g	0.000	0.000
24:0	g	0.000	0.000
Fatty acids, total monounsaturated	g	31.551	8.945
20:1	g	0.005	0.001
18:2 CLAs	g	0.002	0.001
17:1	g	0.013	0.004
22:1 undifferentiated	g	0.000	0.000
18:2 t not further defined	g	0.003	0.001
18:3 undifferentiated	g	0.003	0.001
24:1 c	g	0.000	0.000
Fatty acids, total polyunsaturated	g	12.329	3.495
18:3 n-3 c,c,c (ALA)	g	0.003	0.001
18:3 n-6 c,c,c	g	0.000	0.000
18:2 undifferentiated	g	12.324	3.494
18:4	g	0.000	0.000
20:2 n-6 c,c	g	0.002	0.001
20:3 undifferentiated	g	0.000	0.000
20:4 undifferentiated	g	0.000	0.000
20:5 n-3 (EPA)	g	0.000	0.000
22:5 n-3 (DPA)	g	0.000	0.000
22:6 n-3 (DHA)	g	0.000	0.000
Fatty acids, total trans	g	0.015	0.004
Fatty acids, total trans-monoenoic	g	0.012	0.003
Cholesterol	mg	0.0	0.0
Stigmasterol	mg	4	1

Campesterol	mg	5	1
Beta-sitosterol	mg	130	37
Amino Acids			
Tryptophan	g	0.211	0.060
Threonine	g	0.601	0.170
Isoleucine	g	0.751	0.213
Leucine	g	1.473	0.418
Lysine	g	0.568	0.161
Methionine	g	0.157	0.045
Cystine	g	0.215	0.061
Phenylalanine	g	1.132	0.321
Tyrosine	g	0.450	0.128
Valine	g	0.855	0.242
Arginine	g	2.465	0.699
Histidine	g	0.539	0.153
Alanine	g	0.999	0.283
Aspartic acid	g	2.639	0.748
Glutamic acid	g	6.206	1.759
Glycine	g	1.429	0.405
Proline	g	0.969	0.275
Serine 2 3	g	0.912	0.259
Others			
Alcohol, ethyl	g	0.0	0.0
Caffeine	mg	0.0	0.0
Theobromine	mg	0.0	0.0