

Walnut Kernels



Nutrient	Units	Value per 100gr	Value per 28gr, 1 oz (1 handful)
Proximates			
Water	g	3.52	1.00
Energy	kcal	691	196
Energy	kJ	2889	819
Protein	g	9.17	2.60
Total lipid (fat)	g	71.97	20.40
Ash	g	1.49	0.42
Carbohydrate, by difference	g	13.86	3.93
Fiber, total dietary	g	9.6	2.7
Sugars, total	g	3.97	1.13
Sucrose	g	3.90	1.11
Glucose (dextrose)	g	0.04	0.01
Fructose	g	0.04	0.01
Lactose	g	0.00	0.00
Maltose	g	0.00	0.00
Starch	g	0.46	0.13
Minerals			
Calcium, Ca	mg	70	20
Iron, Fe	mg	2.53	0.72
Magnesium, Mg	mg	121	34

Phosphorus, P	mg	277	79
Potassium, K	mg	410	116
Sodium, Na	mg	0.0	0.0
Zinc, Zn	mg	4.53	1.28
Copper, Cu	mg	1.200	0.340
Manganese, Mn	mg	4.500	1.276
Selenium, Se	µg	3.8	1.1
Fluoride, F	µg	10.0	2.8
Vitamins			
Vitamin C, total ascorbic acid	mg	1.1	0.3
Thiamin	mg	0.660	0.187
Riboflavin	mg	0.130	0.037
Niacin	mg	1.167	0.331
Pantothenic acid	mg	0.863	0.245
Vitamin B-6	mg	0.210	0.060
Folate, total	µg	22	6
Folic acid	µg	0.0	0.0
Folate, food	µg	22	6
Folate, DFE	µg	22	6
Choline, total	mg	40.5	11.5
Betaine	mg	0.7	0.2
Vitamin B-12	µg	0.00	0.00
Vitamin B-12, added	µg	0.00	0.00
Vitamin A, RAE	µg	3	1
Retinol	µg	0.0	0.0
Carotene, beta	µg	29	8
Carotene, alpha	µg	0.0	0.0
Cryptoxanthin, beta	µg	9	3

Vitamin A, IU	IU	56	16
Lycopene	µg	0.0	0.0
Lutein + zeaxanthin	µg	17	5
Vitamin E (alpha-tocopherol)	mg	1.40	0.40
Vitamin E, added	mg	0.00	0.00
Tocopherol, beta	mg	0.39	0.11
Tocopherol, gamma	mg	24.44	6.93
Tocopherol, delta	mg	0.47	0.13
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0.0	0.0
Vitamin K (phylloquinone)	µg	3.5	1.0
Lipids			
4:0	g	0.000	0.000
Fatty acids, total saturated	g	6.180	1.752
6:0	g	0.000	0.000
8:0	g	0.000	0.000
10:0	g	0.000	0.000
13:0	g	0.000	0.000
12:0	g	0.000	0.000
14:0	g	0.000	0.000
15:0	g	0.000	0.000
16:0	g	4.366	1.238
18:0	g	1.745	0.495
20:0	g	0.069	0.020
17:0	g	0.000	0.000
Fatty acids, total monounsaturated	g	40.801	11.567
22:0	g	0.000	0.000
24:0	g	0.000	0.000

16:1 undifferentiated	g	0.000	0.000
14:1	g	0.000	0.000
18:1 undifferentiated	g	40.594	11.508
20:1	g	0.207	0.059
24:1 c	g	0.000	0.000
22:1 undifferentiated	g	0.000	0.000
18:2 undifferentiated	g	20.628	5.848
Fatty acids, total polyunsaturated	g	21.614	6.128
20:2 n-6 c,c	g	0.000	0.000
18:3 undifferentiated	g	0.986	0.280
18:4	g	0.000	0.000
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
Cholesterol	g	0.0	0.0
Stigmasterol	mg	3	1
22:6 n-3 (DHA)	g	0.000	0.000
Beta-sitosterol	mg	117	33
Campesterol	mg	6	2
Amino Acids			
Tryptophan	g	0.093	0.026
Threonine	g	0.306	0.087
Isoleucine	g	0.336	0.095
Leucine	g	0.598	0.170
Lysine	g	0.287	0.081
Methionine	g	0.183	0.052
Cystine	g	0.152	0.043

Phenylalanine	g	0.426	0.121
Tyrosine	g	0.215	0.061
Valine	g	0.411	0.117
Arginine	g	1.177	0.334
Histidine	g	0.262	0.074
Alanine	g	0.397	0.113
Aspartic acid	g	0.929	0.263
Glutamic acid	g	1.829	0.519
Glycine	g	0.453	0.128
Proline	g	0.363	0.103
Serine	g	0.474	0.134
Others			
Alcohol, ethyl	g	0.0	0.0
Caffeine	mg	0.0	0.0
Theobromine	mg	0.0	0.0