

ALMOND NUTRIENT COMPARISON (/100G)

NUTRIENTS	WHOLE ALMOND FORMS ¹						
	UNITS	NATURAL ²	BLANCHED ³	OIL ROASTED SALTED ⁴	OIL ROASTED UNSALTED ⁵	DRY ROASTED SALTED ⁶	DRY ROASTED UNSALTED ⁷
PROXIMATES							
Water	g	4.70	4.51	2.80	2.80	2.53	2.53
Protein	g	21.22	21.40	21.23	21.23	21.06	21.06
Lipids (total)	g	49.42	52.52	55.17	55.17	52.05	52.05
Dietary fibre (total)	g	12.20	9.90	10.50	10.50	10.90	10.90
Sugars (total)	g	3.89	4.63	4.55	4.55	4.93	4.93
Ash	g	2.99	2.91	3.13	3.13	3.15	3.15
MINERALS							
Calcium (Ca)	mg	264	236	291	291	267	267
Iron (Fe)	mg	3.72	3.28	3.68	3.68	3.83	3.83
Magnesium (Mg)	mg	268	268	274	274	281	281
Phosphorus (P)	mg	484	481	466	466	470	470
Potassium (K)	mg	705	659	699	699	712	712
Sodium (Na)	mg	1	19	339	1	656	3
Zinc (Zn)	mg	3.08	2.97	3.07	3.07	3.30	3.30
Copper (Cu)	mg	1.00	1.03	0.96	0.96	1.11	1.11
Manganese (Mn)	mg	2.29	1.84	2.46	2.46	2.31	2.31
VITAMINS							
Vitamin E (alpha-tocopherol)	mg	26.22	23.75	25.97	25.97	23.80	23.80
Thiamin	mg	0.21	0.19	0.09	0.09	0.08	0.08
Riboflavin	mg	1.01	0.71	0.78	0.78	0.97	0.97
Niacin	mg	3.39	3.50	3.67	3.67	3.55	3.55
Pantothenic Acid	mg	0.47	0.31	0.23	0.23	0.32	0.32
Vitamin B6	mg	0.14	0.12	0.12	0.12	0.13	0.13
Folate, food	mcg	50	49	27	27	53	53
FATTY ACIDS							
Saturated (total)	g	3.73	3.95	4.21	4.21	4.03	4.03
16:0 Palmitic	g	3.04	3.27	3.30	3.30	3.31	3.31
18:0 Stearic	g	0.66	0.67	0.91	0.91	0.71	0.71
Monounsaturated (total)	g	30.89	33.42	34.79	34.79	32.38	32.38
16:1 Palmitoleic	g	0.24	0.24	0.22	0.22	0.25	0.25
18:1 Oleic	g	30.61	33.11	34.58	34.58	32.07	32.07
Polyunsaturated (total)	g	12.07	12.37	13.52	13.52	13.00	13.00
18:2 Linoleic	g	12.06	12.37	13.52	13.52	12.99	12.99

1. USDA National Nutrient Database for Standard Reference website: <http://www.nal.usda.gov/fnic/foodcomp/search/>.

2. USDA SR25 Nutrient Database No. 12061 Nuts, almonds, natural.

3. USDA SR25 Nutrient Database No. 12062 Nuts, almonds, blanched.

4. USDA SR25 Nutrient Database No. 12565 Nuts, almonds, oil roasted, with salt added.

5. USDA SR25 Nutrient Database No. 12065 Nuts, almonds, oil roasted, without salt added.

6. USDA SR25 Nutrient Database No. 12563 Nuts, almonds, dry roasted, with salt added.

7. USDA SR25 Nutrient Database No. 12063 Nuts, almonds, dry roasted, without salt added.