



**Almond Nutrient Comparison
 Natural Dry Roasted Almonds
 (all forms)
 100 grams**

Nutrients	Units	Total	Std	%
Portion	g	100		
Energy, Calories	kcal	597	2000	30%
Fat, Total	g	52.83	65	81%
Saturated Fat	g	4.05	20	20%
Trans Fat, total	g	0.00		
Cholesterol	mg	0.00	300	0%
Sodium	mg	1	2400	0%
Potassium	mg	746.00	3500	21%
Carbohydrates	g	19.29	300	6%
Fiber, Total Dietary Fiber	g	11.80	25	47%
Sugar, Total	g	4.90		
Protein	g	22.09	50	44%
Vitamin A	IU	1.00	5000	0%
Vitamin C, total ascorbic acid	mg	0.00	60	0%
Calcium	mg	266.00	1000	27%
Iron	mg	4.51	18	25%
Niacin	mg	3.85	20	19%
Riboflavin	mg	0.86	1.7	51%
Thiamin	mg	0.07	1.5	5%
Folate, total	mcg	33.00	400	8
Phosphorus	mg	489.00	1000	49%
Magnesium	mg	286.00	400	72%