



HILLTOP

The Experienced Source for California Almonds

NUTRITIONAL INFORMATION

NATURAL ALMONDS: Whole, Sliced, Slivered, Meal

<u>Nutrient</u>	<u>Unit</u>	<u>per 100 g</u>	<u>Nutrient</u>	<u>Unit</u>	<u>per 100 g</u>
Energy	kcal	579	Vitamin E (alpha-tocopherol)	mg	25.63
Energy	kJ	2423	Vitamin D	IU	0
Protein	g	21.15	Vitamin K (phylloquinone)	µg	0
Total lipid (fat)	g	49.93	Calcium, Ca	mg	269
Ash	g	2.97	Iron, Fe	mg	3.71
Carbohydrate, by difference	g	21.55	Magnesium, Mg	mg	270
Fiber, total dietary	g	12.5	Phosphorus, P	mg	481
Sugars, total	g	4.35	Potassium, K	mg	733
Vitamin C, total ascorbic	mg	0	Sodium, Na	mg	1
Vitamin B1 (Thiamin)	mg	0.205	Zinc, Zn	mg	3.12
Vitamin B2 (Riboflavin)	mg	1.138	Copper, Cu	mg	1.031
Vitamin B3 (Niacin)	mg	3.618	Manganese, Mn	mg	2.179
Vitamin B5 (Pantothenic acid)	mg	0.471	Selenium, Se	µg	4.1
Vitamin B-6)	mg	0.137	Fatty acids, total saturated	g	3.802
Folate, total	µg	44	Fatty acids, total monounsaturated	g	31.55
Choline, total	mg	52.1	Fatty acids, total polyunsaturated	g	12.33
Vitamin B-12	µg	0	Fatty acids, total trans	g	0.015
Vitamin A, RAE	µg	0	Fatty acids, total trans-monoenoic	g	0.012
Vitamin A, IU	IU	2	Cholesterol 3	mg	0

USDA National Nutrient Database for Standard Reference Release 28 slightly revised May, 2016