



**Almond Nutrient Comparison
Natural Almonds (all forms)**

100 grams

Nutrients	Units	Total	Std	%
Portion	g	100		
Energy, Calories	kcal	575	2000	29%
Fat, Total	g	49.42	65	76%
Saturated Fat	g	3.73	20	19%
Trans Fat, total	g	0.02		
Cholesterol	mg	0.00	300	0%
Sodium	mg	1	2400	0%
Potassium	mg	705.00	3500	20%
Carbohydrates	g	21.67	300	7%
Fiber, Total Dietary Fiber	g	12.20	25	49%
Sugar, Total	g	3.89		
Protein	g	21.22	50	42%
Vitamin A	IU	1.00	5000	0%
Vitamin C, total ascorbic acid	mg	0.00	60	0%
Calcium	mg	264.00	1000	26%
Iron	mg	3.72	18	21%
Niacin	mg	3.38	20	17%
Riboflavin	mg	1.01	1.7	59%
Thiamin	mg	0.21	1.5	14%
Folate, total	mcg	50.00	400	13%
Phosphorus	mg	484.00	1000	48%
Magnesium	mg	268.00	400	67%