

NUTRITION INFORMATION

Amounts per 1 cup whole kernels (157g)

Calorie Information

Amounts Per Selected Serving		%DV
Calories	953 (3990 kJ)	48%
From Carbohydrate	113 (473 kJ)	
From Fat	725 (3035 kJ)	
From Protein	116 (486 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	33.3 g	67%

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	1.6 IU	0%
Vitamin C	0.0 mg	0%
Vitamin D	~	
Vitamin E (Alpha Tocopherol)	40.8 mg	204%
Vitamin K	0.0 mcg	0%
Thiamin	0.1 mg	10%
Riboflavin	1.2 mg	72%
Niacin	5.8 mg	29%
Vitamin B6	0.2 mg	9%
Folate	42.4 mcg	11%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.4 mg	4%
Choline	81.8 mg	
Betaine	~	

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	27.8 g	9%
Dietary Fiber	16.5 g	66%
Starch	0.9 g	
Sugars	7.1 g	

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	86.6 g	133%
Saturated Fat	6.6 g	33%
Monounsaturated Fat	54.6 g	
Polyunsaturated Fat	21.2 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	~	
Total Omega-6 fatty acids	21223 mg	

Learn more about these fatty acids and their equivalent names

Minerals

Amounts Per Selected Serving		%DV
Calcium	457 mg	46%
Iron	5.8 mg	32%
Magnesium	430 mg	108%
Phosphorus	732 mg	73%
Potassium	1097 mg	31%
Sodium	532 mg	22%
Zinc	4.8 mg	32%
Copper	1.5 mg	75%
Manganese	3.9 mg	193%
Selenium	4.4 mcg	6%
Fluoride	~	

Sterols

Amounts Per Selected Serving		%DV
Cholesterol	0.0 mg	0%
Phytosterols	204 mg	

Other

Amounts Per Selected Serving		%DV
Alcohol	0.0 g	
Water	4.4 g	
Ash	4.9 g	
Caffeine	0.0 mg	
Theobromine	0.0 mg	

Footnotes for Nuts, almonds, oil roasted, with salt added

Source: Nutrient data for this listing was provided by USDA SR-21. Each "-" indicates a missing or incomplete value.

Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2,000 calorie reference diet. Your daily values may be higher or lower based on your individual needs.

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