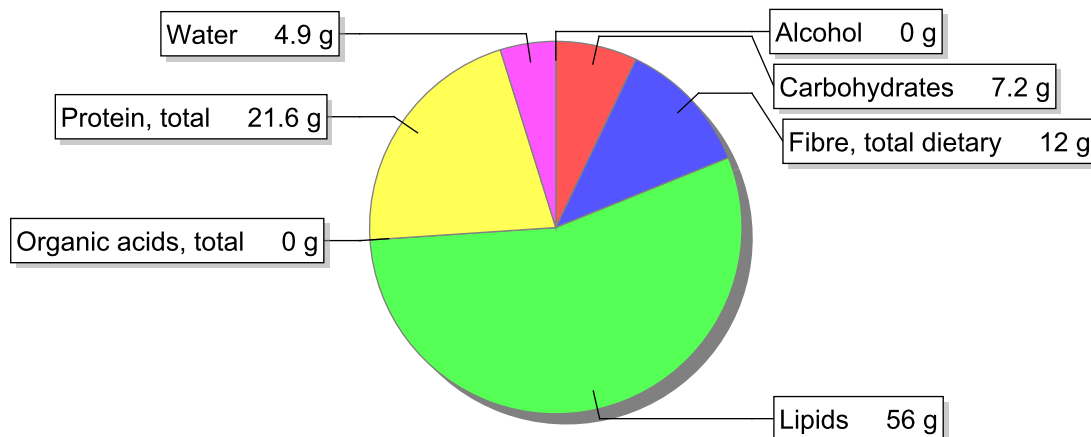


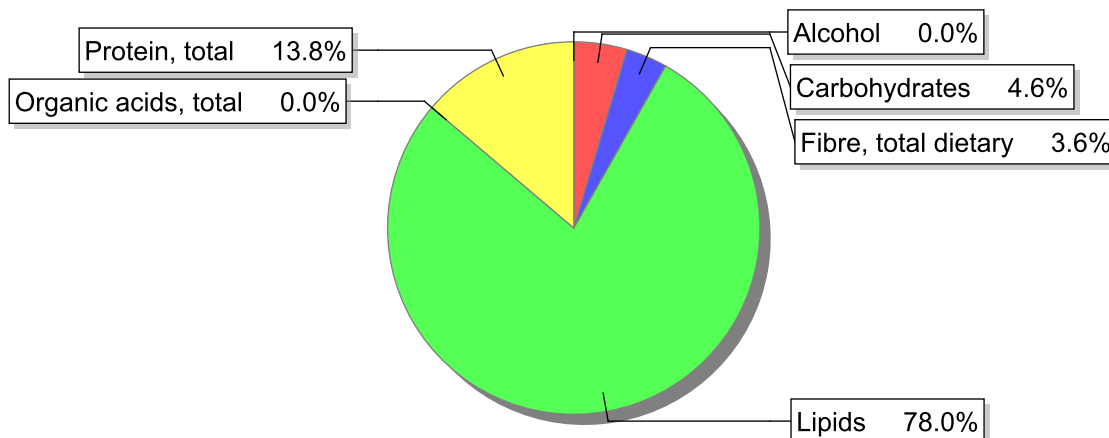
Food

Name: Almonds, kernel only
Group: Fruit
Subgroup: Fat and starchy fruit
Edible Part: 100%
Code: IS697
FoodEX2 Code: A014F

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	643	kcal	
energy kJ, total metabolisable	2660	kJ	
fatty acids, total saturated	4.7	g	
fatty acids, total monounsaturated	34.5	g	
fatty acids, total polyunsaturated	14.3	g	
fatty acid 18:2 n-6 cis,cis	13.9	g	
fatty acids, total trans	0	g	
sugars, total	4.6	g	
sucrose	4.6	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	12	g	
protein, total	21.6	g	57
alcohol	0	g	57
water	4.9	g	
organic acids, total	0	g	
cholesterol	0	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	57
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0	µg	57
alpha-tocopherol	24	mg	
thiamin	0.21	mg	
riboflavin	0.75	mg	
niacin, preformed	2.2	mg	
niacin equivalents, total	5.7	mg	
niacin equivalents from tryptophan	3.5	mg	
vitamin B-6, total	0.15	mg	
vitamin B-12	0	µg	57
vitamin C	1	mg	57
folate, total	49	µg	
ash	3.00	g	
sodium	6	mg	57
potassium	860	mg	57
calcium	270	mg	57
phosphorus	410	mg	57
magnesium	260	mg	57
iron, total	4	mg	57
zinc	3.1	mg	57

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB