



Nuts, almonds [Includes USDA commodity food A256, A264]

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FOOD SUMMARY

Nutrition Facts

Serving Size: 1 ounce (28g)

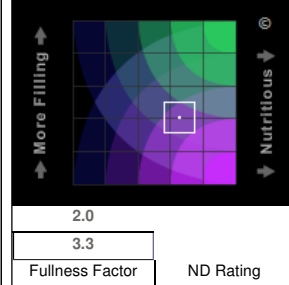
Amount Per Serving		% Daily Value*
Calories	161	Calories from Fat 116
Total Fat	14g	21%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	6g	2%
Dietary Fiber	3g	14%
Sugars	1g	
Protein	6g	
Vitamin A	0%	Vitamin C 0%
Calcium	7%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

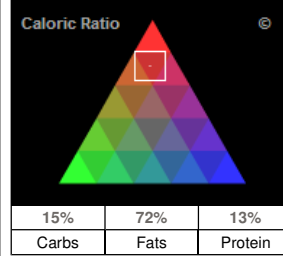
NutritionData.com

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Nutritional Target Map



Caloric Ratio Pyramid



NutritionData's Opinion

Weight loss:

Optimum health:

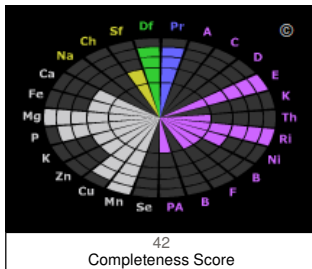
Weight gain:

The good: This food is very low in Cholesterol and Sodium. It is also a good source of Riboflavin, Magnesium and Manganese, and a very good source of Vitamin E (Alpha Tocopherol).

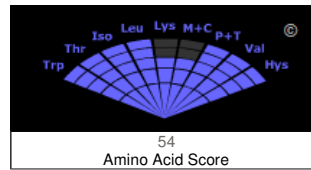
0

51
mildly anti-inflammatory

NUTRIENT BALANCE



PROTEIN QUALITY



Adding other foods with complementary amino acid profiles to this food may yield a more complete protein source and improve the quality of some types of restrictive diets.

[Find foods with complementary profile](#)

NUTRITION INFORMATION

Amounts per 1 ounce (28g)

Calorie Information

Amounts Per Selected Serving		%DV
Calories	161 (674 kJ)	8%
From Carbohydrate	24.6 (103 kJ)	
From Fat	116 (486 kJ)	
From Protein	20.6 (86.2 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	6.1 g	2%
Dietary Fiber	3.4 g	14%
Starch	0.2 g	
Sugars	1.1 g	

[More details](#)

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	5.9 g	12%
Tryptophan	59.9 mg	
Threonine	167 mg	
Isoleucine	197 mg	
Leucine	417 mg	
Lysine	162 mg	
Methionine	42.3 mg	
Cystine	52.9 mg	
Phenylalanine	314 mg	
Tyrosine	127 mg	
Valine	229 mg	
Arginine	685 mg	
Histidine	156 mg	
Alanine	288 mg	
Aspartic acid	815 mg	
Glutamic acid	1907 mg	
Glycine	411 mg	
Proline	289 mg	
Serine	265 mg	

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	13.8 g	21%
Saturated Fat	1.0 g	5%
4:00	0.0 mg	
6:00	0.0 mg	
8:00	0.0 mg	
10:00	0.0 mg	
12:00	0.0 mg	
13:00	0.0 mg	
14:00	1.7 mg	
15:00	0.0 mg	
16:00	852 mg	
17:00	2.0 mg	
18:00	184 mg	
19:00	~	
20:00	3.6 mg	
22:00	0.6 mg	
24:00:00	0.0 mg	
Monounsaturated Fat	8.6 g	
14:01	0.0 mg	
15:01	0.0 mg	
16:1 undifferentiated	68.0 mg	
16:1 c	64.7 mg	
16:1 t	3.4 mg	
17:01	7.0 mg	
18:1 undifferentiated	8570 mg	
18:1 c	8570 mg	
18:1 t	0.0 mg	
20:01	2.8 mg	
22:1 undifferentiated	0.0 mg	
22:1 c	~	
22:1 t	~	
24:1 c	0.0 mg	
Polyunsaturated Fat	3.4 g	
16:2 undifferentiated	~	
18:2 undifferentiated	3377 mg	
18:2 n-6 c,c	3375 mg	
18:2 c,t	~	
18:2 t,c	~	
18:2 t,t	~	
18:2 i	~	
18:2 t not further defined	1.4 mg	
18:03	1.7 mg	
18:3 n-3, c,c,c	1.7 mg	
18:3 n-6, c,c,c	0.0 mg	
18:4 undifferentiated	0.0 mg	
20:2 n-6 c,c	1.1 mg	
20:3 undifferentiated	0.0 mg	
20:3 n-3	~	
20:3 n-6	~	
20:4 undifferentiated	0.0 mg	
20:4 n-3	~	
20:4 n-6	~	
20:5 n-3	0.0 mg	
22:02	~	
22:5 n-3	0.0 mg	
22:6 n-3	0.0 mg	
Total trans fatty acids	0.0 g	
Total trans-monoenoic fatty acids	0.0 g	
Total trans-polyenoic fatty acids	0.0 g	
Total Omega-3 fatty acids	1.7 mg	
Total Omega-6 fatty acids	3378 mg	

[Learn more about these fatty acids and their equivalent names](#)

[Collapse ▲](#)

Hydroxyproline ~

[Collapse ▲](#)

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	0.3 IU	0%
Retinol	0.0 mcg	
Retinol Activity Equivalent	0.0 mcg	
Alpha Carotene	0.0 mcg	
Beta Carotene	0.3 mcg	
Beta Cryptoxanthin	0.0 mcg	
Lycopene	0.0 mcg	
Lutein+Zeaxanthin	0.3 mcg	
Vitamin C	0.0 mg	0%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	7.3 mg	37%
Beta Tocopherol	0.1 mg	
Gamma Tocopherol	0.2 mg	
Delta Tocopherol	0.0 mg	
Vitamin K	0.0 mcg	0%
Thiamin	0.1 mg	4%
Riboflavin	0.3 mg	17%
Niacin	0.9 mg	5%
Vitamin B6	0.0 mg	2%
Folate	14.0 mcg	3%
Food Folate	14.0 mcg	
Folic Acid	0.0 mcg	
Dietary Folate Equivalents	14.0 mcg	
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.1 mg	1%
Choline	14.6 mg	
Betaine	0.1 mg	

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Minerals

Amounts Per Selected Serving		%DV
Calcium	73.9 mg	7%
Iron	1.0 mg	6%
Magnesium	75.0 mg	19%
Phosphorus	136 mg	14%
Potassium	197 mg	6%
Sodium	0.3 mg	0%
Zinc	0.9 mg	6%
Copper	0.3 mg	14%
Manganese	0.6 mg	32%
Selenium	0.7 mcg	1%
Fluoride	~	

Sterols

Amounts Per Selected Serving		%DV
Cholesterol	0.0 mg	0%
Phytosterols	~	
Campesterol	1.4 mg	
Stigmasterol	1.1 mg	
Beta-sitosterol	37.0 mg	

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Other

Amounts Per Selected Serving		%DV
Alcohol	0.0 g	
Water	1.3 g	
Ash	0.8 g	
Caffeine	0.0 mg	
Theobromine	0.0 mg	

Footnotes for Nuts, almonds [Includes USDA commodity food A256, A264]

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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densities of those nutrients for which the FDA has established Daily Values, and do not consider other nutrients that may be important to your health or take into account your individual needs. Consequently, Nutrition Data's higher-rated foods may not necessarily be healthier for you than lower-rated ones. All foods, regardless of their rating, have the potential to play an important role in your diet.

The Amino Acid Score has not been corrected for digestibility, which could reduce its value.

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