



Nuts, macadamia nuts, raw

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FOOD SUMMARY

Nutrition Facts

Serving Size 100 grams

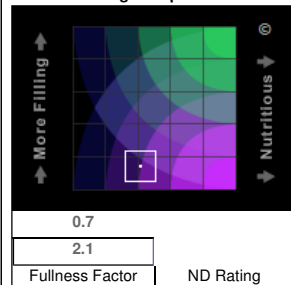
Amount Per Serving		
Calories	718	Calories from Fat 634
		% Daily Value*
Total Fat	76g	117%
Saturated Fat	12g	60%
Trans Fat		
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrate	14g	5%
Dietary Fiber	9g	34%
Sugars	5g	
Protein	8g	
Vitamin A	0%	Vitamin C 2%
Calcium	9%	Iron 20%

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

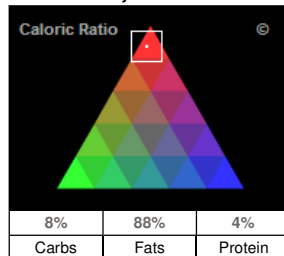
NutritionData.com

[Download Printable Label Image](#)

Nutritional Target Map



Caloric Ratio Pyramid



NutritionData's Opinion

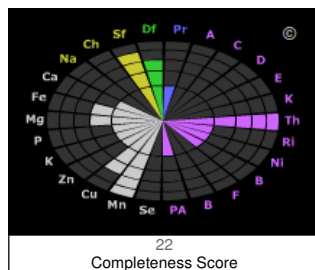
0

470
strongly anti-inflammatory

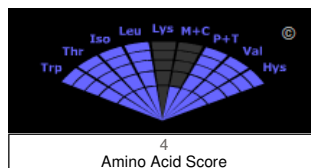
Weight loss:
Optimum health:
Weight gain:

The good: This food is very low in Cholesterol and Sodium. It is also a good source of Thiamin, and a very good source of Manganese.

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 100 grams

Calorie Information

Amounts Per Selected Serving		%DV
Calories	718 (3006 kJ)	36%
From Carbohydrate	56.3 (236 kJ)	
From Fat	634 (2654 kJ)	
From Protein	27.4 (115 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	7.9 g	16%
Tryptophan	67.0 mg	
Threonine	370 mg	
Isoleucine	314 mg	
Leucine	602 mg	
Lysine	18.0 mg	
Methionine	23.0 mg	
Cystine	6.0 mg	
Phenylalanine	665 mg	
Tyrosine	511 mg	
Valine	363 mg	
Arginine	1402 mg	
Histidine	195 mg	
Alanine	388 mg	
Aspartic acid	1099 mg	
Glutamic acid	2267 mg	
Glycine	454 mg	
Proline	468 mg	
Serine	419 mg	

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	14.2 g	5%
Dietary Fiber	8.6 g	34%
Starch	1.1 g	
Sugars	4.6 g	
Sucrose	4430 mg	
Glucose	70.0 mg	
Fructose	70.0 mg	
Lactose	0.0 mg	

Maltose	0.0 mg
Galactose	~

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Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	75.8 g	117%
Saturated Fat	12.1 g	60%
4:00	0.0 mg	
6:00	0.0 mg	
8:00	0.0 mg	
10:00	0.0 mg	
12:00	76.0 mg	
13:00	0.0 mg	
14:00	659 mg	
15:00	0.0 mg	
16:00	6036 mg	
17:00	124 mg	
18:00	2329 mg	
19:00	~	
20:00	1940 mg	
22:00	616 mg	
24:00:00	281 mg	
Monounsaturated Fat	58.9 g	
14:01	0.0 mg	
15:01	~	
16:1 undifferentiated	12982 mg	
16:1 c	~	
16:1 t	~	
17:01	~	
18:1 undifferentiated	43748 mg	
18:1 c	~	
18:1 t	~	
20:01	1890 mg	
22:1 undifferentiated	233 mg	
22:1 c	~	
22:1 t	~	
24:1 c	18.0 mg	
Polyunsaturated Fat	1.5 g	
16:2 undifferentiated	~	
18:2 undifferentiated	1296 mg	
18:2 n-6 c,c	~	
18:2 c,t	~	
18:2 t,c	~	
18:2 t,t	~	
18:2 i	~	
18:2 t not further defined	~	
18:03	206 mg	
18:3 n-3, c,c,c	~	
18:3 n-6, c,c,c	~	
18:4 undifferentiated	0.0 mg	
20:2 n-6 c,c	0.0 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	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	206 mg	
Total Omega-6 fatty acids	1296 mg	

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

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Hydroxyproline	~
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Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	0.0 IU	0%
Retinol	0.0 mcg	
Retinol Activity Equivalent	0.0 mcg	
Alpha Carotene	~	
Beta Carotene	~	
Beta Cryptoxanthin	~	
Lycopene	~	
Lutein+Zeaxanthin	~	
Vitamin C	1.2 mg	2%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.5 mg	3%
Beta Tocopherol	0.0 mg	
Gamma Tocopherol	0.0 mg	
Delta Tocopherol	0.0 mg	
Vitamin K	~	~
Thiamin	1.2 mg	80%
Riboflavin	0.2 mg	10%
Niacin	2.5 mg	12%
Vitamin B6	0.3 mg	14%
Folate	11.0 mcg	3%
Food Folate	11.0 mcg	
Folic Acid	0.0 mcg	
Dietary Folate Equivalents	11.0 mcg	
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.8 mg	8%
Choline	~	
Betaine	~	

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Minerals

Amounts Per Selected Serving		%DV
Calcium	85.0 mg	9%
Iron	3.7 mg	20%
Magnesium	130 mg	33%
Phosphorus	188 mg	19%
Potassium	368 mg	11%
Sodium	5.0 mg	0%
Zinc	1.3 mg	9%
Copper	0.8 mg	38%
Manganese	4.1 mg	207%
Selenium	3.6 mcg	5%
Fluoride	~	

Sterols

Amounts Per Selected Serving		%DV
Cholesterol	0.0 mg	0%
Phytosterols	116 mg	
Campesterol	8.0 mg	
Stigmasterol	0.0 mg	
Beta-sitosterol	108 mg	

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Other

Amounts Per Selected Serving		%DV
Alcohol	0.0 g	
Water	1.4 g	
Ash	1.1 g	
Caffeine	0.0 mg	
Theobromine	0.0 mg	

Footnotes for Nuts, macadamia nuts, raw

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

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