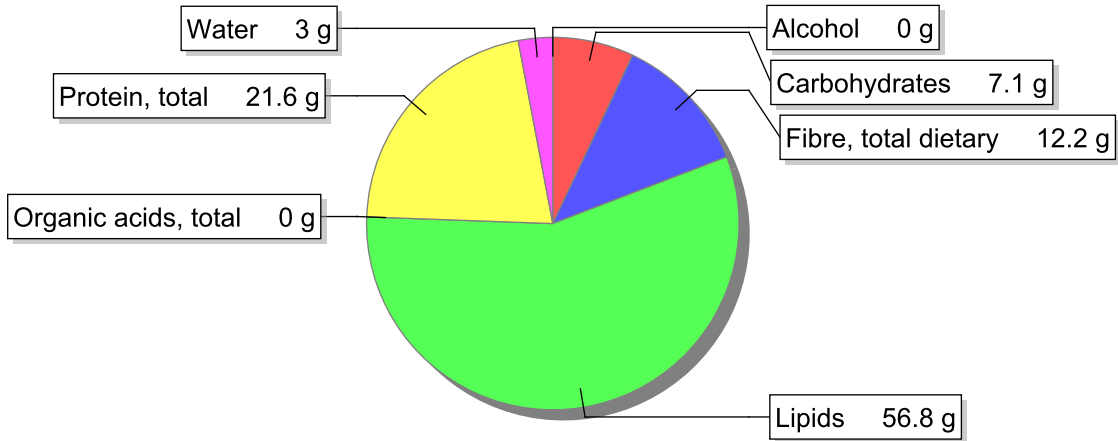


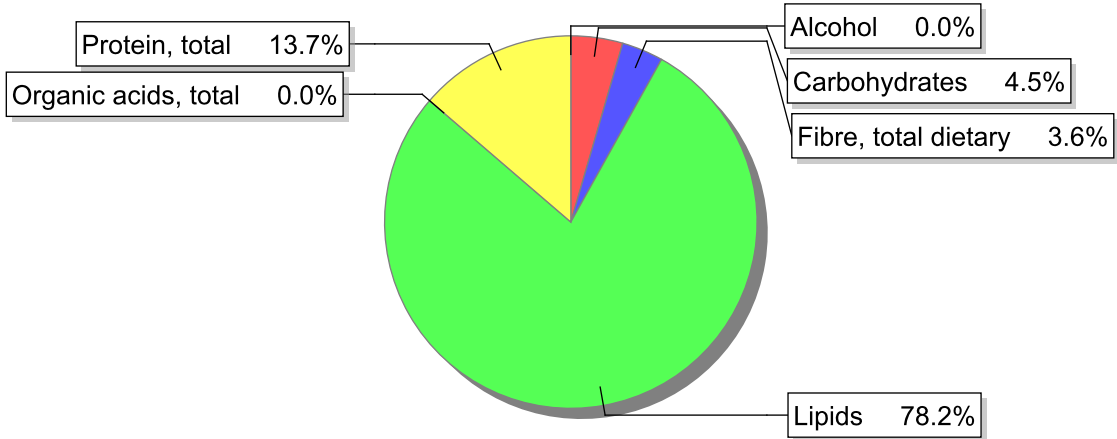
Food

Name: Almonds, toasted
Group: Fruit
Subgroup: Fat and starchy fruit
Edible Part: 100%
Code: IS698
FoodEX2 Code: A014F

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	650	kcal	
energy kJ, total metabolisable	2690	kJ	
fatty acids, total saturated	4.7	g	
fatty acids, total monounsaturated	35.1	g	
fatty acids, total polyunsaturated	14.5	g	
fatty acid 18:2 n-6 cis,cis	14.1	g	
fatty acids, total trans	0	g	
sugars, total	5	g	
sucrose	5	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	12.2	g	
protein, total	21.6	g	57
alcohol	0	g	57
water	3	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	25	mg	
thiamin	0.13	mg	
riboflavin	0.57	mg	
niacin, preformed	2.1	mg	
niacin equivalents, total	5.6	mg	
niacin equivalents from tryptophan	3.5	mg	
vitamin B-6, total	0.09	mg	
vitamin B-12	0	µg	57
vitamin C	0	mg	57
folate, total	37	µg	
ash	3.00	g	
sodium	6	mg	
potassium	870	mg	
calcium	270	mg	
phosphorus	410	mg	
magnesium	260	mg	
iron, total	4.1	mg	
zinc	3.2	mg	

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