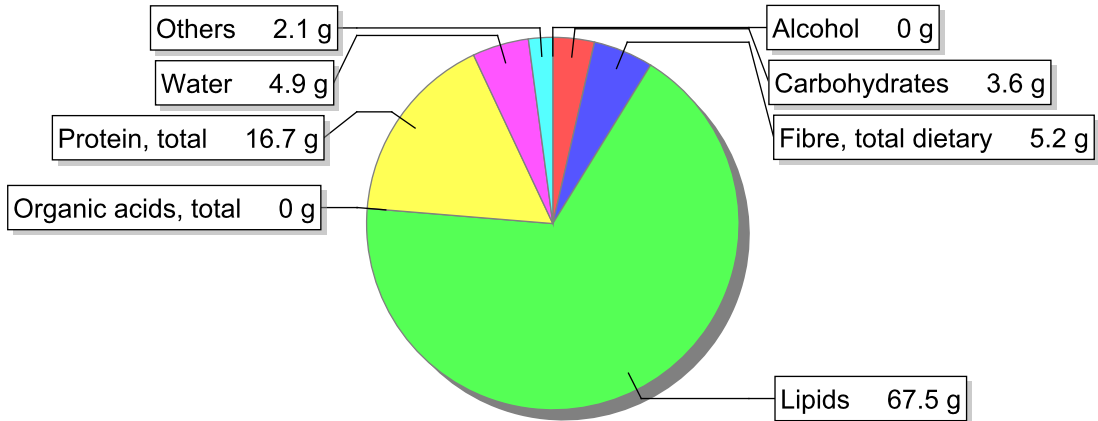


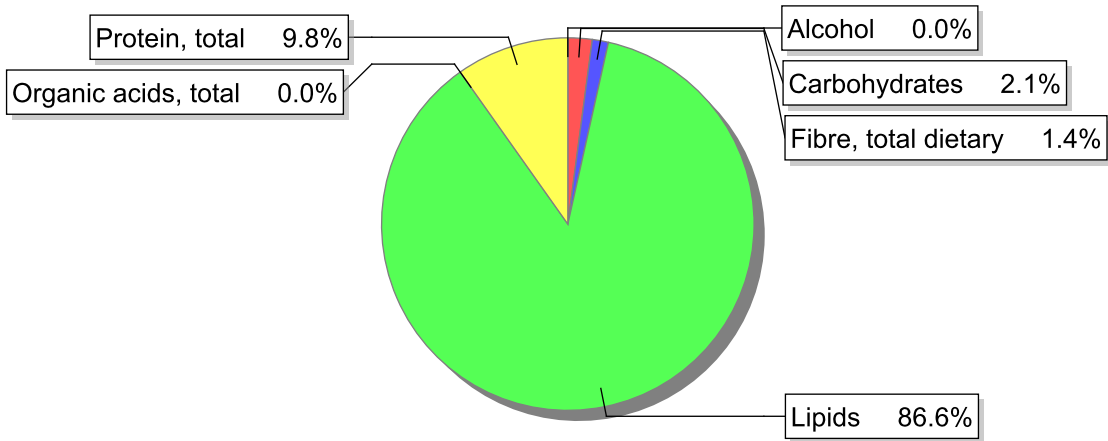
Food

Name: Walnuts, kernel only
Group: Fruit
Subgroup: Fat and starchy fruit
Edible Part: 100%
Code: IS708
FoodEX2 Code: A014R

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	699	kcal	
energy kJ, total metabolisable	2880	kJ	
fatty acids, total saturated	5.4	g	57
fatty acids, total monounsaturated	15	g	57
fatty acids, total polyunsaturated	47	g	57
fatty acid 18:2 n-6 cis,cis	38.0	g	57
fatty acids, total trans	0	g	
sugars, total	2.6	g	
sucrose	2.6	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	5.2	g	57
protein, total	16.7	g	57
alcohol	0	g	57
water	4.9	g	57
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	3.8	mg	
thiamin	0.33	mg	57
riboflavin	0.14	mg	57
niacin, preformed	0.9	mg	
niacin equivalents, total	3.6	mg	
niacin equivalents from tryptophan	2.7	mg	
vitamin B-6, total	0.67	mg	
vitamin B-12	0	µg	57
vitamin C	1	mg	57
folate, total	66	µg	
ash	1.98	g	
sodium	12	mg	57
potassium	500	mg	
calcium	90	mg	
phosphorus	290	mg	57
magnesium	160	mg	57
iron, total	2.6	mg	57
zinc	2.7	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