



NUTRIENTS IN 100g OF ENGLISH WALNUTS



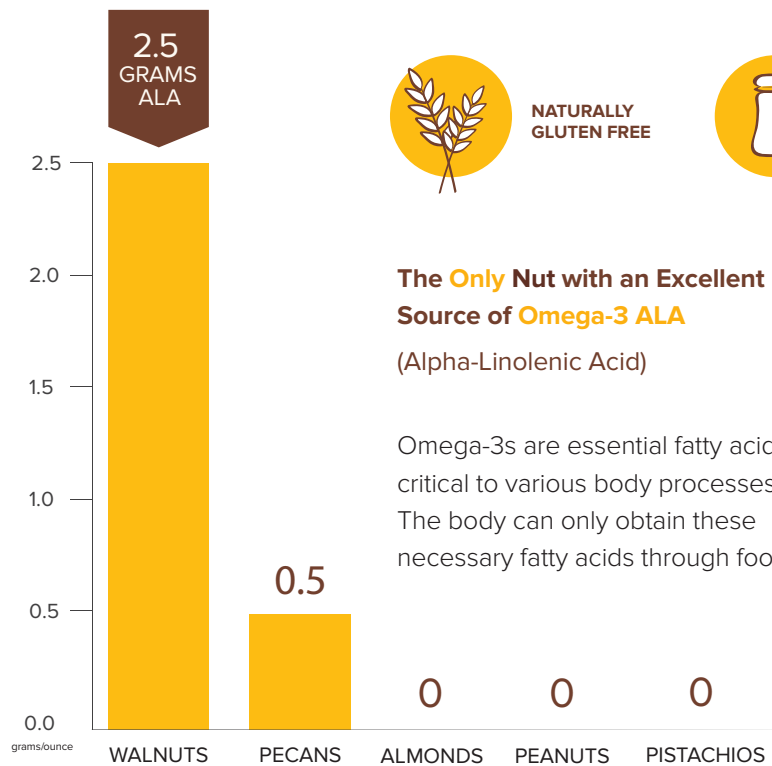
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NUTRIENT	AMOUNT RAW DATA	AMOUNT ROUNDED DATA	AMOUNT UNIT
Calories	654	650	
Total fat	65.21	65	g
Saturated fat	6.126	6	g
Trans fat	0	0	g
Polyunsaturated fat	47.174	47	g
<i>Linoleic acid (18:2)</i>	38.093	38	
<i>Linolenic acid (18:3)</i>	9.08	9	
Monounsaturated fat	8.933	9	g
Cholesterol	0	0	mg
Sodium	2	0	mg
Total Carbohydrate	13.71	14	g
Dietary Fiber	6.7	7	g
Total Sugars	2.61	3	g
Added Sugars	0	0	g
Protein	15.23	15	g
Vitamin D	0	0	mcg
Calcium	98	100	mg
Iron	2.91	2.9	mg
Potassium	441	440	mg
Vitamin A	1	0	mcg RAE
Vitamin C	1.3	1	mg
Vitamin E	0.7	0.7	mg
Vitamin K	2.7	3	mcg
Thiamin	0.341	0.3	mg
Riboflavin	0.15	0.2	mg
Niacin	1.125	1.1	mg
Vitamin B6	0.537	0.5	mg
Folate	98	100	mg DFE
Vitamin B12	0	0	mg
Pantothenic acid	0.57	0.6	mg
Phosphorus	346	350	mg
Magnesium	158	160	mg
Zinc	3.09	3.1	mg
Selenium	4.9	5	mcg
Copper	1.586	1.6	mg
Manganese	3.414	3.4	mg
Choline	39.2	40	mg
Betaine	0.3	0.3	mg
Tocopherol, Alpha	0.7	0.7	mg
Tocopherol, Beta	0.15	0.15	mg
Tocopherol, Gamma	20.83	20.83	mg
Tocopherol, Delta	1.89	1.89	mcg
Carotene, Beta	12	12	mcg
Carotene, Alpha	0	0	mcg
Cryptoxanthin, Beta	0	0	mcg
Lutein + Zeaxanthin	9	9	mcg

U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov.

g = Gram
mg = Milligram
mcg = Microgram

RAE = Retinol Activity Equivalent
DFE = Dietary Folate Equivalent



U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov.



NATURALLY
GLUTEN FREE



NATURALLY
SODIUM FREE



NATURALLY
CHOLESTEROL FREE

The Only Nut with an Excellent Source of Omega-3 ALA

(Alpha-Linolenic Acid)

Omega-3s are essential fatty acids critical to various body processes. The body can only obtain these necessary fatty acids through food.

Why Do Consumers Choose Walnuts?

A recent study among U.S. consumers found that walnuts are rated highly on nutrition (91%), convenience (81%) and taste (78%)*, all key attributes for product selection.

With a powerhouse of important nutrients, delicious taste and satisfying crunch – walnuts offer unlimited versatility to a range of product categories from baked goods, desserts, confections, and spreads/sauces to meat alternatives.



Per one ounce serving.

On Pack: Heart-Specific Messaging

Consumers everywhere are becoming more aware of the link between nuts and heart health.*

72% of consumers would buy a food product containing walnuts if “heart-healthy” is on the package.*

*California Walnuts Attitudes & Usage Study, Edelman Intelligence, April 2017

Visit walnuts.org/food-manufacturers for food manufacturer’s technical guide, consumer research studies, product formulation ideas for inspiration and more on walnuts’ health profile.

