

**Composition of  
Whole Natural Almonds  
(One ounce)**

**Proximate**

Food Energy	164 KCA1
Protein	6.03 gm
Total Lipid (Fat)	14.36 gm
Saturated	1.1 gm
Monounsaturated	9.1 gm
Polyunsaturated	3.5 gm
Cholesterol	0
Carbohydrate	5.6 gm
Dietary Fiber	3.3 gm

**Minerals**

Calcium	70 mg
Iron	1.2 mg
Magnesium	78 mg
Phosphorus	134 mg
Potassium	206 mg
Sodium	.2 mg
Zinc	1 mg
Copper	.32 mg
Manganese	.72 mg
Selenium	.80 mg

**Vitamins**

Vitamin A	1.4 IU
Vitamin E	7.3 mg
Thiamin (B1)	.07 mg
Riboflavin (B2)	.23 mg
Niacin	1.1 mg
Vitamin B6	.04 mg
Panthenic Acid	.1 mg
Folate	8.2 mcg

**Essential Amino Acids**

Tryptophan	.05 gm
Threonine	.19 gm
Isoleucine	.20 gm
Leucine	.42 gm
Lysine	.17 gm
Methionine	.05 gm
Phenylalanine	.32 gm
Valine	.23 gm
Histidine	.17 gm