

Nuts, macadamia nuts, raw

Portion: 100g

Name	Amount	Unit
Water	1.36	g
Energy	718	kcal
Protein	7.91	g
Total lipid (fat)	75.77	g
Ash	1.14	g
Carbohydrate, by difference	13.82	g
Fiber, total dietary	8.6	g
Sugars, total including NLEA	4.57	g
Sucrose	4.43	g
Glucose (dextrose)	0.07	g
Fructose	0.07	g
Lactose	0	g
Maltose	0	g
Starch	1.05	g
Calcium, Ca	85	mg
Iron, Fe	3.69	mg
Magnesium, Mg	130	mg
Phosphorus, P	188	mg
Potassium, K	368	mg
Sodium, Na	5	mg
Zinc, Zn	1.3	mg
Copper, Cu	0.756	mg
Manganese, Mn	4.131	mg
Selenium, Se	3.6	µg
Vitamin C, total ascorbic acid	1.2	mg
Thiamin	1.195	mg
Riboflavin	0.162	mg
Niacin	2.473	mg
Pantothenic acid	0.758	mg
Vitamin B-6	0.275	mg
Folate, total	11	µg
Folic acid	0	µg
Folate, food	11	µg
Folate, DFE	11	µg
Vitamin B-12	0	µg
Vitamin A, RAE	0	µg
Retinol	0	µg
Vitamin A, IU	0	IU
Vitamin E (alpha-tocopherol)	0.54	mg

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Name	Amount	Unit
Tocopherol, beta	0	mg
Tocopherol, gamma	0	mg
Tocopherol, delta	0	mg
Vitamin D (D2 + D3), International Units	0	IU
Vitamin D (D2 + D3)	0	µg
Fatty acids, total saturated	12.061	g
Fatty acids, total monounsaturated	58.877	g
Fatty acids, total polyunsaturated	1.502	g
Cholesterol	0	mg
Beta-sitosterol	108	mg
Tryptophan	0.067	g
Threonine	0.37	g
Isoleucine	0.314	g
Leucine	0.602	g
Lysine	0.018	g
Methionine	0.023	g
Cystine	0.006	g
Phenylalanine	0.665	g
Tyrosine	0.511	g
Valine	0.363	g
Arginine	1.402	g
Histidine	0.195	g
Alanine	0.388	g
Aspartic acid	1.099	g
Glutamic acid	2.267	g
Glycine	0.454	g
Proline	0.468	g
Serine	0.419	g
Alcohol, ethyl	0	g
Caffeine	0	mg
Theobromine	0	mg

"Nuts, macadamia nuts, raw." *FoodData Central*, 1 Apr. 2019, *USDA Agricultural Research Service*, fdc.nal.usda.gov/index.html. Accessed 19 Dec. 2020.