

## NUTRITIVE VALUE OF NUTS

	Energy (Kcals)	Moisture (g)	Protein (g)	Fat (g)	Mineral (g)	Fibre (g)	Carbohydrates (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)
Arecanut	249	31	5	4	1	11	47	50	130	1
Avocado pear	144	64	2	1	1	-	32	20	80	1
Cashew nut	596	6	21	47	2	1	22	50	450	6
Coconut dry	662	4	7	62	2	7	18	400	210	8
Coconut fresh	444	36	45	42	1	4	13	10	240	2
Coconut tender	41	91	1	1	1	-	6	10	30	1
Coconut milk	430	43	3	41	1	0	12	15	140	2
Coconut water	24	94	1	0	0	0	4	24	10	0
Coconut meal, deoiled	312	9	24	3	7	10	48	112	646	69
Almond	655	5	21	59	3	2	10	230	490	5
Garden Cress seeds	454	3	25	24	6	8	33	377	723	100
Gingelley seeds	563	5	18	43	5	3	25	1450	570	9
Groundnut	567	3	25	40	2	3	26	90	350	2
Groundnut roasted	570	2	26	40	2	3	27	77	370	3
Groundnut cake	386	7	41	7	2	3	39	213	548	-
Linseed seeds	530	6	20	37	2	5	29	170	370	3
Mustard seeds	541	8	20	40	4	2	24	490	700	8
Niger seeds	515	4	24	39	5	11	17	300	224	57
Pistachio nut	626	6	20	53	3	2	16	140	430	8
Piyal seeds	656	3	19	59	3	4	12	279	528	8
Safflower seeds	356	5	13	26	3	35	18	236	823	5
Sunflower seeds	620	5	20	52	4	1	18	280	670	5
Walnut	687	4	16	64	2	3	11	100	380	3
Water melon seeds-kernel	628	4	34	53	4	1	4	100	937	7

Source

Gopalan. C, Rama Sastri B.V. and Balasubramanian, S.C., 2004, Nutritive Value of Indian Foods, National Institute of Nutrition, ICMR, Hyderabad.