

## Cashew, raw

Portion: 100g (3.5 oz)

Name	Amount	Unit
Water	5.20	g
Energy	553	kcal
Protein	18.22	g
Total lipid (fat)	43.85	g
Carbohydrates	36.3	g
Fiber, total dietary	4.1	g
Sugars	5.91	g
Calcium, Ca	37	mg
Iron, Fe	6.68	mg
Magnesium, Mg	292	mg
Manganese, Mn	1.66	mg
Phosphorus, P	593	mg
Potassium, K	660	mg
Sodium, Na	2	mg
Zinc, Zn	5.78	mg
Copper, Cu	2.2	mg
Selenium, Se	19.9	µg
Vitamin C	0.5 mg	mg
Thiamine (B <sub>1</sub> )	0.423	mg
Riboflavin (B <sub>2</sub> )	0.058	mg
Niacin	1.062	mg
Vitamin (B <sub>6</sub> )	0.417	mg
Folate	25	µg
Folic acid	0	µg
Folate, food	52	µg
Choline, total	16	mg
Vitamin (B <sub>12</sub> )	0	µg
Vitamin A	0	µg
Retinol	0	µg
Carotene, beta	449	µg
Vitamin E (alpha-tocopherol)	1.13	mg
Vitamin E	0.90	mg
Vitamin D	0	µg
Vitamin K (phylloquinone)	34.1	µg

"Nuts, cashew nuts, raw." *FoodData Central*, 23 Sept. 2022, *USDA Agricultural Research Service*, [fdc.nal.usda.gov/fdc-app.html#/food-details/170162/nutrients](https://fdc.nal.usda.gov/fdc-app.html#/food-details/170162/nutrients). Accessed 20 Mar. 2024.

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