



The following is a profile of the key nutrients found in 100g of American Black Walnuts along with the proven health benefits of human consumption of these nutrients. Uniquely high nutrients are found in **bold**.

- Food Energy 618 cal
- **Protein** 24.1 g
 - More protein than any other tree nut
- Saturated Fat 3.4 g
- **Monounsaturated Fat** 15.0 g
 - Contains high amounts of blood pressure reducing oleic acid (the same cholesterol fighting fatty acid found in olive oil)
- **Polyunsaturated Fat** 35.1 g
 - Contains substantial amounts of omega 3 fatty acids which have proven heart health benefits. The Black Walnut's mixture of fatty acids is unique to nuts. While Black Walnuts have less omega 3 fatty acids than English walnuts, the mixture of different types of fatty acids give Black Walnuts a broader range of health benefits. These fats are proven to reduce inflammation, stimulate brain and memory health, and help reduce cholesterol.
- Cholesterol 0 mg
- Total Carbohydrates 9.9 g
- Dietary Fiber 6.8 g
- Sugars 1 g
- Calcium 61 mg
- **Selenium** 17 mcg
 - Several studies show a link between selenium and cancer fighting capabilities
- Iron 3.1 mg
- Magnesium 201 mg
- Phosphorus 513 mg
- Potassium 523 mg
- Sodium 2 mg
- Zinc 3.4 mg
- Copper .4 mg
- **Manganese** 3.9 mg
 - Studies show this mineral tends to ensure healthy bone structure, bone metabolism and helps in building essential enzymes for building bones.
- Thiamin 1.7 mg
- Riboflavin .13 mg
- Niacin .47 mg
- **Vitamin A** 40 IU
 - Contains antioxidant power that has proven cancer fighting capabilities.
- Vitamin C 1.7 mg