

NUTRITIONAL CONTENT for 100 grams edible portion

BLACK WALNUTS (AMERICAN EASTERN)

juglans nigra

Calories (Food energy)	619 kcal	Magnesium	201 mg
Protein	24.06 g	Phosphorus	513 mg
Total Fat	59.33 g	Potassium	523 mg
Monounsaturated Fat	15.442 g	Sodium	2 mg
Polyunsaturated Fat	36.437 g	Zinc	3.37 mg
Saturated Fat	3.483 g	Copper	1.36 mg
Trans-Fat	0 g	Selenium	17 mcg
Omega 3 Fatty Acid	2.68 g		
Cholesterol	0 mg	Manganese	3.896 mg
Total Carbohydrate	9.58 g	Thiamin	0.057 mg
Dietary Fiber	6.8 g	Riboflavin	.13 mg
Sugars	1.1 g	Niacin	.47 mg
Water	4.56 g		
Ash	2.47 g	Vitamin A	40 IU
Calcium	61 mg	Vitamin C	1.7 mg
Iron	3.12 mg	Vitamin E	
		(alpha-tocopherol)	2.08 mg

Sources: USDA Nutrient Data Laboratory, Standard Release 28, 2015

Trans-Fat analysis by Covance Laboratories, Inc., 2004