# Black Walnuts

A nutritional powerhouse from America's forests

**The Wild Walnut**

- Rich, bold flavor
- Unique health profile
- Highest protein tree nut

**Black Walnuts** are a rich source of phytosterols, especially beta-sitosterol, which have been shown to help prevent obesity, diabetes, and cardiovascular disease while promoting lower cholesterol, lower inflammation and anticancer activity.1

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**16 Phenolics** have been identified in Black Walnuts, including phenolic acids, flavonoids and catechins, with ellagic acid predominating.2

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**Black Walnuts Work for Applications of Any Size, Including:**

- Nut butter and oil
- Plant-based products
- Nutrition bars
- Toppings
- Baking mixes
- Ice cream
- Baked goods
- Confections

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**Table: Plant-Based Protein Ingredients**

<table>
<thead>
<tr>
<th></th>
<th>Protein</th>
<th>Fiber</th>
<th>Carbohydrates</th>
<th>Magnesium</th>
<th>Potassium</th>
<th>Vitamin E</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Black Walnuts</strong></td>
<td>24.06g</td>
<td>6.80g</td>
<td>9.58g</td>
<td>201mg</td>
<td>523mg</td>
<td>2.08mg</td>
</tr>
<tr>
<td><strong>English Walnuts</strong></td>
<td>15.23g</td>
<td>6.70g</td>
<td>13.71g</td>
<td>158mg</td>
<td>441mg</td>
<td>0.70mg</td>
</tr>
<tr>
<td><strong>Pecans</strong></td>
<td>9.17g</td>
<td>9.60g</td>
<td>13.86g</td>
<td>121mg</td>
<td>410mg</td>
<td>1.40mg</td>
</tr>
<tr>
<td><strong>Cashews</strong></td>
<td>18.22g</td>
<td>3.30g</td>
<td>30.19g</td>
<td>292mg</td>
<td>660mg</td>
<td>0.90mg</td>
</tr>
<tr>
<td><strong>Chickpea Flour</strong></td>
<td>22.39g</td>
<td>10.80g</td>
<td>57.82g</td>
<td>166mg</td>
<td>846mg</td>
<td>0.83mg</td>
</tr>
<tr>
<td><strong>Soy Flour, Full-Fat</strong></td>
<td>37.81g</td>
<td>9.60g</td>
<td>31.92g</td>
<td>429mg</td>
<td>2,515mg</td>
<td>1.95mg</td>
</tr>
<tr>
<td><strong>Pea Flour</strong></td>
<td>33.33g</td>
<td>26.70g</td>
<td>60.00g</td>
<td>--</td>
<td>--</td>
<td>--</td>
</tr>
</tbody>
</table>

* Value per 100 grams

Source: U.S. Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference Legacy Release, April 2018

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Black Walnuts’ low carb content makes them ideal for consumers on keto diets, which topped the list of Google diet searches in 2018.

“...black walnuts are a popular superfood, and modern research is only just scratching the surface when it comes to uncovering the powerful nutritional components these unique nuts contain . . .”
— Krystal Crawford, ND, MS, DrAxe.com

The Black Walnut’s earthy flavor is “especially compatible with chocolate, vanilla, cherries, pumpkin, [and] maple.”
— Nancy Stohs, food editor, Milwaukee Journal Sentinel, March 22, 2019

With their unique flavor profile and exceptional nutritional benefits, Black Walnuts serve as a gluten-free, non-GMO and naturally sustainable ingredient for a wide range of food products. Nearly all Black Walnuts come from wild trees, traditionally hand-harvested by local residents every fall in the Midwest and East-Central United States. The World’s Premier Supplier of Black Walnuts is Hammons Products Company in Stockton, MO., owned by the Hammons family since its founding in 1946.