

Raw Cashews

NUTRIENT	AMOUNT PER 100g
Basic Components	
Calories	566.00
Calories from Fat	417.86
Protein	18.22 g
Carbohydrates	27.13 g
Dietary Fiber	3.30 g
Sugar – Total	5.91 g
Fat – Total	46.92 g
Saturated Fat	8.33 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	5.20 g
Ash	2.54 g
Vitamins	
Vitamin A IU	0 IU
Vitamin C	0.50 mg
Minerals	
Calcium	37.00 mg
Iron	6.68 mg
Sodium	12.00 mg