



NUTRITIONAL CONTENT SHEET

BLACK WALNUTS (AMERICAN EASTERN) *juglans nigra*

Amounts are based on content in edible portion of 100 grams of food.

Water	4.6 g	Iron	3.1 mg
Food Energy	618 kcal	Magnesium	201 mg
Protein	24.1 g	Phosphorus	513 mg
Total Fat	59 g	Potassium	523 mg
Monounsaturated Fat	15.0 g	Sodium	2 mg
Polyunsaturated Fat	35.1 g	Zinc	3.4 mg
Saturated Fat	1 g	Copper	1.4 mg
Trans-Fat	0 g	Selenium	17 mcg
Cholesterol	0 mg	Manganese	3.9 mg
Total Carbohydrates	9.9 g	Thiamin	1.7 mg
Dietary Fiber	6.8 g	Riboflavin	.13 mg
Sugars	1 g	Niacin	.47 mg
Ash	2.5 g	Vitamin A	40 IU
Calcium	61 mg	Vitamin C	1.7 mg

Source: USDA Nutrient Data Laboratory, 2002
Trans-Fat analysis by Covance Laboratories, Inc., 2004