



**Food ID:** C002

**Food name and Description:** Cashew nut, roasted

**Scientific name:** *Anacardium occidentale*

**Alternate/Common name(s):** Kasuy, binusa

**Edible portion:** 85%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	6.2
Energy, calculated (kcal)	603
Protein (g)	19.2
Total Fat (g)	47.4
Carbohydrate, total (g)	24.8
Ash, total (g)	2.4

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.9
Sugars, total (g)	4.8

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	37
Phosphorus, P (mg)	441
Iron, Fe (mg)	3.3
Sodium, Na (mg)	15

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.48
Riboflavin, Vitamin B2 (mg)	0.23
Niacin (mg)	1.5
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	9.36
Fatty acids, monounsaturated, total (g)	27.94
Fatty acids, polyunsaturated, total(g)	8.01
Cholesterol (mg)	0