The following is a profile of the key nutrients found in 100g of American Black Walnuts along with the proven health benefits of human consumption of these nutrients. Uniquely high nutrients are found in bold.

- **Food Energy** 618 cal
- **Protein** 24.1 g
  - More protein than any other tree nut
- **Saturated Fat** 3.4 g
- **Unsaturated Fat**
  - **Monounsaturated Fat** 15.0 g
    - Contains high amounts of blood pressure reducing oleic acid (the same cholesterol fighting fatty acid found in olive oil)
  - **Polyunsaturated Fat** 35.1 g
    - Contains substantial amounts of omega 3 fatty acids which have proven heart health benefits. The Black Walnut’s mixture of fatty acids is unique to nuts. While Black Walnuts have less omega 3 fatty acids than English walnuts, the mixture of different types of fatty acids give Black Walnuts a broader range of health benefits. These fats are proven to reduce inflammation, stimulate brain and memory health, and help reduce cholesterol.
- **Cholesterol** 0 mg
- **Total Carbohydrates** 9.9 g
- **Dietary Fiber** > 6.8 g
- **Sugars** 1 g
- **Calcium** 61 mg
- **Selenium** 17 mcg
  - Several studies show a link between selenium and cancer fighting capabilities
- **Iron** 3.1 mg
- **Magnesium** 201 mg
- **Phosphorus** 513 mg
- **Potassium** 523 mg
- **Sodium** 2 mg
- **Zinc** 3.4 mg
- **Copper** .4 mg
- **Manganese** 3.9 mg
  - Studies show this mineral tends to ensure healthy bone structure, bone metabolism and helps in building essential enzymes for building bones.
- **Thiamin** 1.7 mg
- **Riboflavin** .13 mg
- **Niacin** .47 mg
- **Vitamin A** 40 IU
  - Contains antioxidant power that has proven cancer fighting capabilities.
- **Vitamin C** 1.7 mg