

BRASIL NUTS

The Brazil nut is a South American tree “*Bertholletia excelsa*” in the family Lecythidaceae, and also the name of the tree's commercially harvested edible seeds.

The Brazil nut tree is the only species in the genus *Bertholletia*. It is native to the Brazil, eastern Bolivia, Guianas, Venezuela, eastern Colombia, and eastern Peru. It occurs as scattered trees in large forests on the banks of the Amazon, Rio Negro, and the Orinoco. The genus is named after the French chemist Claude Louis Berthollet.



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Vitamins and Cholesterol

- Vitamin A - 850 UI
- Vitamin B1 - 1,09 mg
- Ascorbic acid - 10 mg
- Riboflavin - 0.12 mg
- Cholesterol - 0.00 mg

Fatty acid content

- Oleic acid - 73.73%
- Linoleic acid - 7.67%
- Palmitic acid - 0.89%
- Stearic acid - 11.24%
- Lignoceric acid - 0.15%

Minerals

- Calcium - 186 mg
- Iron - 693 mg
- Potassium - 715 mg.
- Magnesium - 225 mg.
- Selenium - 375 mg.

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