

Technical Takeaways: ALMOND BUTTER



Almond butter (or almond spread, in some regions) is made by grinding roasted or raw almonds until their particle size becomes small enough to emulsify with their natural oils into a spreadable product with a subtle nutty flavor. Depending on how finely ground it is, its texture can be customized – from smooth, to creamy, or chunky. Whether eaten on its own or used as an ingredient in baked goods, snacks, dairy alternatives and more, almond butter is a nutrient-dense, multifunctional solution for product developers.

Supplier/Brand Nutrient Averages¹ for Almond Butter



Blanched/Skin Off (per 100g)

	MINIMUM	MAXIMUM	AVERAGE
Energy (kcal)	529	667	609
Protein (g)	17.6	23.3	20.3
Carbohydrate, by difference (g)	6.67	23.5	13.39
Fiber, total dietary (g)	6.7	10	8.5



Unblanched/Skin On (per 100g)

	MINIMUM	MAXIMUM	AVERAGE
Energy (kcal)	633	688	662.7
Protein (g)	18.8	26.7	21.8
Carbohydrate, by difference (g)	13.3	20	16.3
Fiber, total dietary (g)	9.4	10	9.8



Creamy (per 100g)

	MINIMUM	MAXIMUM	AVERAGE
Energy (kcal)	562	656	605.5
Protein (g)	18.8	25	21.5
Carbohydrate, by difference (g)	18.8	21.9	21.06
Fiber, total dietary (g)	9.4	12.5	10.53



Crunchy (per 100g)

	MINIMUM	MAXIMUM	AVERAGE
Energy (kcal)	594	656	617.6
Protein (g)	18.8	25	21.9
Carbohydrate, by difference (g)	17.9	21.9	20.2
Fiber, total dietary (g)	7.1	9.4	9.01

¹ Data accessed via USDA Food Data Central. November 2024. Minimum, maximum and average of supplier/brand provided nutrient data.

Please note that almond butter nutrition facts may vary per supplier. We recommend reviewing your ingredient suppliers' specifications to ensure you select the right almond butter that meets your product development needs.

Innovation Opportunities

Technical Properties: Binding, Thickening, Coating, Filling



PRODUCT TYPE
Snack Nuts and Snack Mixes
FUNCTION
Filling or coating



PRODUCT TYPE
Confectionery
FUNCTION
Filling or coating



PRODUCT TYPE
Sauces
FUNCTION
Filling or coating



PRODUCT TYPE
Bakery
FUNCTION
Filling, base or coating



PRODUCT TYPE
Smoothies
FUNCTION
Base



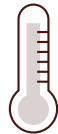
PRODUCT TYPE
Dressings
FUNCTION
Base

Shelf Life and Storage



Shelf Life:

- Up to 12-18 months when stored properly in air- and water-sealed packaging.



Storage Recommendations:

- Maintain storage environment between 50-60% relative humidity.
- Store below 59°F/15°C, away from direct sunlight or heat sources.



Mitigating Oil Separation:

- Natural Almond Butter: Store jars upside down
- R&D Tips: Explore incorporating hydrogenated oils to stabilize almond butter.

Almond Butter Nutrition



- Best source of Vitamin E among nut butters
- Good source of manganese and magnesium
- Surpasses most nut butters with its amount of heart-healthy fats, fiber, calcium, iron, potassium and zinc per serving.

Eligible Certifications and Claims for Brands to Consider**



- Clean Label
- Gluten-Free
- Vegan/Plant-Based
- Paleo and Whole30 Approved
- USDA Organic
- Fair Trade Certified
- Non-GMO Project Verified
- Kosher Certified
- Halal Certified
- Peanut-Free
- Bee-Friendly Certified

**Manufacturers should confirm eligibility with suppliers and review all claims with legal and regulatory counsel.

For more information about almond butter, contact us:



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[Almonds.com](https://www.almonds.com)



Find a Supplier