

CASHEW MILK NUTRIENT DENSITY

Comparative Analysis per 240ml (1 Cup) Serving

NUTRIENT	HOMEMADE (HIGH DENSITY)	COMMERCIAL (UNSWEETENED)	DAILY VALUE %
Calories	150 kcal	25 kcal	8%
Total Fat	12g	2g	15%
Protein	5g	<1g	10%
Carbohydrates	9g	1g	3%
Magnesium	20%	4%	20%
Iron	10%	2%	10%
Vitamin E	15%	<2%	15%

*Values are estimates based on a 1:4 nut-to-water ratio for homemade varieties. Commercial values reflect standard fortified industry averages.