

About Cashews

The *Anacardium occidentale* or the Cashew is considered to be the natives to the northern side of South America. However nowadays they are also found in several tropical areas.

The English name "Cashew" has been derived from the Portuguese name *caju* that has come from the Tupi-Indian word "acaju".

In Spanish speaking countries of Latin America cashew is called Maranon, whereas, in Venezuela cashew is known as mere. It is said that viz (the state of Maranhao in the northern part of Brazil) is one of the first areas, where this fruit was seen. Cashew is considered to be a premier crop that originally belongs to Brazil and contributes a lot in the rural economy.

Grades of Cashew

1. General Characteristics: Cashew Kernels shall have been obtained through roasting, shelling and peeling cashew nuts.

2. Special Characteristics:

A. Cashew Kernels - White Wholes

Grade Designation	Trade Name	Colour/ Characteristics	Count/454 gms size description	Max. Moisture %	Broken Max %	NLSG NLG max%
W-180	White Wholes	White/pale ivory/light ash. Characteristic shape	170-180	5	5	5 (NLSG & SW together)
W-210	do	do	200-210	5	5	do
W-320	do	do	220-240	5	5	do
W-450	do	do	400-450	5	5	do
W-500	do	do	450-500	5	5	5(SW)

B. Cashew Kernels - Scorched Wholes

Grade Designation	Trade Name	Colour/ Characteristics	Count/454 gms size description	Max. Moisture%	Broken Max%	NLSG NLG max%
SW	Scorched	Kernels may be	N.A	5	5	7.5

	Wholes	scorched/slightly darkened due to over-heating while roasting or drying in drier/borma				(SSW)
SW-180	do	do	170-180	5	5	7.5 (NLSG & SSW together)
SW-210	do	do	200-210	5	5	do
SW-240	do	do	300-320	5	5	do
SW-320	do	do	400-450	5	5	do
SW-500	do	do	450-500	5	5	7.5(SSW)

Remarks: Kernels shall be completely free from infestation, insect damage, mould rancidity, adhering test and objectionable extraneous matter. Scraped and partially shriveled kernels also permitted provided such scraping/shriving does not affect the characteristic shape of the kernel.

C. Cashew Kernels - Desert Wholes

Grade Designation	Trade Name	Colour/ Characteristics	Count/454 gms size description	Max. Moisture%	Broken Max%	NLSG NLG max%
SSW	Scorched Wholes Seconds	Kernels may be over-scorched, immature, shriveled (Pirival), speckled (Karaniram) discoloured and light blue	N.A	5	5	7.5 (DW)
DW	Dessert Wholes	Kernels may be deep scorched, deep brown, Deep blue, speckled, discoloured and black spotted	N.A	5	5	-

Remarks: Kernels shall be completely free from infestation, insect damage, mould rancidity, adhering test and objectionable extraneous matter.

D. Cashew Kernels - White Pieces

Remarks: Kernels shall be completely free from infestation, insect damage, mould rancidity, adhering testa and objectionable extraneous matter. Scraped and partially shriveled kernels also permitted provided such scraping/shriveling does not affect the characteristic shape of the kernel.

Grade Designation	Trade Name	Colour/ Characteristics	Count/454 gms size description	Max. Moisture%	Broken Max%	NLSG NLG max%
SB	Scorched Butts	Kernels broken crosswise (evenly or unevenly) and naturally attached. Kernels may be scorched/slightly darkened due to over-heating while roasting or drying in the drier/borma	N.A	5	5	7.5 (DB)
SS	Scorched Splits	Kernels split naturally lengthwise. Kernels may be scorched/slightly darkened due to over-heating while Roasting or drying in drier/borma	N.A	5	5	7.5 (DS)
SP	Scorched Pieces	Kernels may be scorched/slightly darkened due to over-heating while roasting or drying in drier/borma	Pieces passing through a mesh 16 SWG sieve/4.75 mm I.S. Sieve	5	Nil	7.5 (SSP & SPS together)
SSP	Scorched Small Pieces	Kernels may be scorched/slightly darkened due to over-heating while roasting or drying in drier/borma	Pieces smaller than SP but not passing through a 6mesh 20 SWG Sieve/2.80 mm I.S. Sieve	5	Nil	5 (DSP)

E. Cashew Kernels - Scorched Pieces

Grade Designation	Trade Name	Colour/ Characteristics	Count/454 gms size description	Max. Moisture%	Broken Max%	NLSG NLG max%
SB	Scorched Butts	Kernels broken crosswise (evenly or unevenly) and naturally attached. Kernels may be scorched/slightly darkened due to over-heating while roasting or drying in the drier/borma	N.A	5	5	7.5 (DB)
SS	Scorched Splits	Kernels split naturally lengthwise. Kernels may be scorched/slightly darkened due to over-heating while Roasting or drying in drier/borma	N.A	5	5	7.5 (DS)
SP	Scorched Pieces	Kernels may be scorched/slightly darkened due to over-heating while roasting or drying in drier/borma	Pieces passing through a mesh 16 SWG sieve/4.75 mm I.S. Sieve	5	Nil	7.5 > (SSP & SPS together)
SSP	Scorched Small Pieces	Kernels may be scorched/slightly darkened due to over-heating while roasting or drying in drier/borma	Pieces smaller than SP but not passing through a 6mesh 20 SWG Sieve/2.80 mm I.S. Sieve	5	Nil	5 > (DSP)

Remarks: Kernels shall be completely free from infestation, insect damage, mould rancidity, adhering testa and objectionable extraneous matter. Scraped and partially shriveled kernels also permitted provided such scraping/shriving does not affect the characteristic shape of the kernel.

F. Cashew Kernels - Dessert Pieces

Grade Designation	Trade Name	Colour/ Characteristics	Count/454 gms size description	Max Moisture %	Broken Max %	NLSG NLG max %
SPS	Scorched Pieces Seconds	Kernels may be over-scorched immature, shriveled (Pirival) speckled(Karaniram) discoloured and light blue	Kernels broken into pieces but not passing through a 4 mesh 16 SWG sieve/4.75 mm I.S. Sieve	5	Nil	7.5 (DP & DSP together)
DP	Dessert Pieces	Kernels may be deep scorched, deep Brown, blue, speckled, discoloured and black spotted	Kernels broken into pieces but not passing through a 4 mesh 16 SWG sieve/4.75 mm and I.S.Sieve	5	Nil	7.5 (DSP)

Remarks: Kernels shall be completely free from infestation, insect damage, mould rancidity, adhering testa and objectionable extraneous matter.

NLSG denotes: Next Lower Size Grade. NLG denotes: Next Lower Grade.

Nutrition Info

Nutritional facts on cashews

Cashewnut - A versatile health food

Cashew nuts pack vitamins, fats and proteins to a high degree. Protein, which is the tissue builder in our system steal a huge dividend of cashew contents. Cashew kernels, on the other hand, comprise 21% of vegetable proteins. There is no doubt in the fact that they are equally nutritious with eggs, milk and meat. It also contains a high concentration of amino acids. Indian cashews are quite preferred as snacks.

Nutrient	Units	Value
Calories	Kcal	570
Protein	g	15
Total Fat	g	46
Saturated Fat	g	9
Monounsaturated Fat	g	27
Polyunsaturated Fat	g	8
Linoleic acid (18.2)	g	7.66
Linolenic acid (18.3)	g	0.16
Cholesterol	mg	0
Carbohydrate	g	33
Fiber	g	3
Calcium	mg	45
Iron	mg	6.00
Magnesium	mg	260
Phosphorus	mg	490
Pottasium	mg	565
Sodium	mg	16
Zinc	mg	5.60
Copper	mg	2.22
Manganese	mg	0.83
Selenium	mcg	11.70
Thiamin	mg	0.20
Riboflavin	mg	0.20
Niacin	mg	1.40
Pantothenic acid	mg	1.22
Vitamin B6	mg	0.26
Folate	mg	69
Vitamin K	mcg	34.70
Tocopherol, alpha	mg	0.92
Tocopherol, beta	mg	n/a
Tocopherol, gamma	mg	n/a
Tocopherol, delta	mg	n/a
Total Phytosterols	mg	158
Stigmasterol	mg	n/a
Campesterol	mg	n/a

beta-stiosterol	mg	n/a
Lutein + Zeaxanthin	mcg	23
Source: USDA National Nutrient Datebase for Standard Reference, Release 17, 2004 g = gram , mg = milligram; mcg - microgram		