



# Market-Oriented Value Chains for Jobs and Growth in the ECOWAS Region (MOVE-ComCashew)

## The uses of broken cashew kernel

The cashew kernel is the white kidney shaped nut found within the shell of the cashew nut. Together with the shell, it forms what is known as the raw cashew nut (RCN). Despite the high nutritious value, cashew kernels are still not integrated into local eating habits. Moreover, local processing remains low on the continent, depriving the continent of added value.



The perception of cashews as a highly nutritious diet has helped to drive the current consumption growth, especially in the USA and Europe.

### Cashew dishes from around the world

In various part of the world, cashew kernels are included in people's daily diet in various forms





Whole kernels can be eaten as snacks or mixed with other dried fruits.

Cashew nuts are have gained a reputation as highly nutritious food for vegans and vegetarians where cashews are used for products such as cashew milk and shakes, cheese; yoghurt, butter and protein snacks



Cashew milk

### Nutritional value of cashew kernels

Cashew nuts are among the healthiest nuts in the world and provide very important nutrients for our bodies. Cashews are high in calories and have lower fat content than other nuts. They are cholesterol-free, high in magnesium and antioxidants. Consuming cashews regularly and in moderate servings can prevent type-2 diabetes, as the nut can help stabilize blood sugar levels and reduce high cholesterol. Cashews are a great source of iron, vital for pregnant women as it is an essential element for blood production to nourish the fetus. They also have a low glycemic index (which predicts the blood sugar response to a standard serving of diet) of 25, which helps manage blood sugar and lipid levels, and may lower the risk of developing diabetes.

The following table gives details on the nutritious value per 100 g of cashew nuts.

Nutrients	Nutrient Value	% RDA
Energy	553Kcal	28
Carbohydrates	30.19g	23
Proteins	18.22g	32.5
Total fat	43.85g	146
Cholesterol	0	0
Dietary fibre	3.3g	8.5
<i>Vitamins</i>		
Folates	25ug	6
Niacin	1.06mg	6.5
Pantothenic acid	0.864mg	17

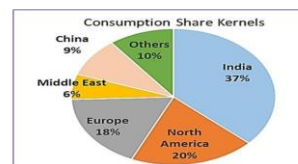
Pyridoxine	0.417mg	32
Riboflavin	0.058mg	4.5
Thiamin	0.423mg	35
Vitamin A	0	0
Vitamin C	0.5mg	1
Vitamin E	5.31mg	35
Vitamin K	9.1ug	3
<i>Electrolytes</i>		
Sodium	12mg	1
Potassium	660mg	14
<i>Minerals</i>		
Calcium	37mg	4
Copper	2.195mg	244
Iron	6.68mg	83.5
Magnesium	292mg	73
Manganese	1.655mg	72
Phosphorus	593mg	85
Selenium	19.9mg	36
Zinc	5.78mg	52.5
<i>Phyto-nutrients</i>		
Carotene B	0ug	
Cryo-xanthins	0ug	
Lutein-zeaxanthin	22ug	

%RDA=percentage of Recommended Daily Allowance Source: USDA national nutrition database, 2014

### Potential for consumption in Africa

Africa produced about 2 million MT raw cashew nuts in 2020. However, only 10 % of African's production is currently processed with 3 % of global consumption.

### Global Cashew Kernel Consumption



Source: Source: ISS and CashewClub 2020

The low consumption of cashew kernel is mainly due to unfamiliarity with the product. Increasing local consumption from the current 3 % per year and the introduction of broken kernels, pieces and cashew flour to traditional dishes would tremendously boost the marketing potential of cashew nuts in Africa.

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