

Summary

The cashew tree is a tropical evergreen tree that produces the cashew seed and the cashew apple. It can grow as high as 14 meters, but the dwarf cashew, growing up to 6 meters, has proved more profitable, with earlier maturity and higher yields.

Cashews are not actually nuts but seeds. They are a popular snack and food source. Cashews, unlike oily tree nuts, contain starch to about 10% of their weight. This makes them more effective than nuts in thickening water-based dishes such as soups, meat stews, and some Indian milk-based desserts. Many Southeast Asian cuisines use cashews for this unusual characteristic, rather than other nuts. The shell of the cashew nut is toxic, which is why the nut is never sold in the shell to consumers

The general processing steps involved in cashew processing are, drying of freshly harvested raw seed for storage, soaking of seed, steam cooking or roasting, decortications, separation, kernel drying, peeling and Packing.

In a 100 gram serving, raw cashews provide 553 calories, 67% of the Daily Value (DV) in total fats, 36% DV of protein, 13% DV of dietary fiber and 11% DV of carbohydrates .

Cashews are rich sources of dietary minerals, including particularly copper, manganese, phosphorus, magnesium, vitamin-B6 and vitamin-K. Iron, potassium, zinc and selenium are present in significant content. Cashews 100 grams raw contain 113 mg of beta-sitosterol. Although, there is a lot of the health benefit in eating the cashew nuts, but don't eat too many at once. Because of their high fat content, over consumption of cashew nuts can cause unwanted weight gain in individuals.