

Flavonoids and Phytosterols in 100g of Tree Nuts

Phytochemical	Units	Almonds	Brazils	Cashews	Hazelnuts	Macadamias	Pecans	Pine nuts	Pistachios	Walnuts
Flavonoids										
<i>Anthocyanidins</i>										
Cyanidin	mg*	2.45	0	0	6.70	0	10.73	0	7.33	2.70
Delphinidin	mg	0	0	0	0	0	7.27	0	0	0
<i>Flavan-3-ols</i>										
Epicatechin	mg	0.60	0	0.93	0.21	0	0.81	0	0.83	0
Epicatechin 3-gallate	mg	0	0	0.15	0	0	0	0	0	0
Epigallocatechin	mg	2.59	0	0	2.78	0	5.62	0.49	2.05	0
Epigallocatechin 3-gallate	mg	0	0	0	1.06	0	2.29	0	0.40	0
Catechin	mg	1.27	0	0.90	1.18	0	7.23	0	3.57	0
<i>Flavanones</i>										
Eriodictyol	mg	0.25	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Naringenin	mg	0.42	0	0	0	0	0	0	0	0
<i>Flavonols</i>										
Isorhamnetin	mg	2.63	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Kaempferol	mg	0.39	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Quercetin	mg	0.36	0	0	0	0	0	0	1.46	0
Total Proanthocyanidins										
Monomers	mg	184	0	9	501	0	494	0	237	67
Dimers	mg	7.77	0	6.66	9.83	0	17.22	0	10.94	6.93
Trimers	mg	9.52	0	2.02	12.51	0	42.13	0	13.26	5.65
4-6mers	mg	8.82	0	0	13.56	0	26.03	0	10.51	7.19
7-10mers	mg	39.97	0	0	67.72	0	101.43	0	42.24	22.05
Polymers	mg	37.68	0	0	74.60	0	84.23	0	37.93	5.41
Total Phytosterols										
Stigmasterol	mg	n/a	n/a	158	n/a	n/a	n/a	n/a	n/a	n/a
Campesterol	mg	4	6	n/a	1	0	3	0	2	0
Beta-sitosterol	mg	5	2	n/a	7	10	6	20	10	5
Beta-sitosterol	mg	130	64	n/a	102	145	117	132	210	87

*mg = milligram; n/a = not available

Source: Flavonoid data from USDA Database for the Flavonoid Content of Selected Foods, Release 3.1, 2014; Phytosterol data from USDA Database for Standard Reference, Release 28, Full Report, 2015; Proanthocyanidin data from USDA Database for the Proanthocyanidin Content of Selected Foods, 2004. Prepared by the International Tree Nut Council Nutrition Research & Education Foundation, 10/15