

Nutrients in 100 Grams of Tree Nuts¹

Nutrient	Units	Almonds	Brazils	Cashews	Hazelnuts	Macadamias	Pecans	Pine nuts	Pistachios	Walnuts
Calories	kcal	580	660	570	630	720	690	670	570	650
Protein	g*	21	14	15	15	8	9	14	21	15
Total Fat	g	50	67	46	61	76	72	68	45	65
Saturated Fat	g	4	16	9	4	12	6	5	5	6
Monounsaturated Fat	g	32	24	27	46	59	41	19	24	9
Polyunsaturated Fat	g	12	24	8	8	1.5	22	34	13	47
Linoleic acid (18:2)	g	12	24	8	8	1.30	21	33	13	38
Linolenic acid (18:3)	g	0	0.04	0.16	0.09	0.20	1	0.16	0.24	9
Cholesterol	mg**	0	0	0	0	0	0	0	0	0
Carbohydrate	g	22	12	33	17	13	14	13	29	14
Fiber	g	12	8	3	10	8	10	4	10	7
Calcium	mg	269	160	45	114	70	70	16	107	98
Iron	mg	3.71	2.43	6.00	4.70	2.65	2.53	5.53	4.03	2.91
Magnesium	mg	270	376	260	163	118	121	251	109	158
Phosphorus	mg	481	725	490	290	198	277	575	469	346
Potassium	mg	733	659	565	680	363	410	597	1,007	441
Sodium	mg	1	3	16	0	4	0	2	6	2
Zinc	mg	3.12	4.06	5.60	2.45	1.29	4.53	6.45	2.34	3.09
Copper	mg	1.03	1.74	2.22	1.73	0.57	1.20	1.32	1.29	1.59
Manganese	mg	2.18	1.22	0.83	6.18	3.04	4.50	8.80	1.24	3.41
Selenium	mcg***	4.10	1,917	11.70	2.40	11.70	3.80	0.70	10	4.90
Vitamin C	mg	0	0.70	0	6.30	0.70	1.10	0.80	3	1.30
Thiamin	mg	0.21	0.62	0.20	0.64	0.71	0.66	0.36	0.70	0.34
Riboflavin	mg	1.14	0.04	0.20	0.11	0.09	0.13	0.23	0.23	0.15
Niacin	mg	3.62	0.30	1.40	1.80	2.27	1.17	4.39	1.37	1.13
Pantothenic acid	mg	0.47	0.18	1.22	0.92	0.60	0.86	0.31	0.51	0.57
Vitamin B6	mg	0.14	0.10	0.26	0.56	0.36	0.21	0.09	1.12	0.54
Folate	mcg	44	22	69	113	10	22	34	51	98
Choline, total	mg	52	29	61	46	45	41	56	71	39
Betaine	mg	0.5	0.4	n/a	0.4	0.3	0.7	0.4	0.8	0.3
Vitamin B12	mcg	0	0	0	0	0	0	0	0	0
Vitamin A	IU****	2	0	0	20	0	56	29	266	20
Vitamin K	mcg	0	0	34.70	14.20	0	3.50	53.90	13.20	2.70
Vitamin E										
Tocopherol, alpha	mg	25.63	5.65	0.92	15.03	0.57	1.40	9.33	2.17	0.70
Tocopherol, beta	mg	0.23	0	n/a	0.33	0	0.39	0	0.13	0.15
Tocopherol, gamma	mg	0.64	9.56	n/a	0	0	24.44	11.15	23.42	20.83
Tocopherol, delta	mg	0.07	0.63	n/a	0	0	0.47	0	0.55	1.89
Carotenoids										
Carotene, beta	mcg	1	0	0	11	0	29	17	159	12
Carotene, alpha	mcg	0	0	0	3	0	0	0	0	0
Cryptoxanthin, beta	mcg	0	0	0	0	0	9	0	0	0
Lutein + zeaxanthin	mcg	1	0	23	92	0	17	9	1,160	9

Source: USDA National Nutrient Database for Standard Reference, Release 28, Full Report, 2015. *g = gram; **mg = milligram; ***mcg = microgram; ****IU = International Units

¹All of the nuts are unsalted; almonds, Brazil nuts, hazelnuts, pecans, pine nuts and walnuts are unroasted; cashews, macadamias and pistachios are dry roasted.
Prepared by the International Tree Nut Council Nutrition Research & Education Foundation, 10/15.

For more information please visit our website at www.nuthealth.org.