

Nutrients and % DV in 1 Ounce of Tree Nuts¹

Nutrient	Units	Almonds	Brazils	Cashews	Hazelnuts	Macadamias	Pecans	Pine nuts²	Pistachios	Walnuts
	# of kernels/oz	23	6	18	21	10-12	19 halves	167	49	14 halves
Calories	kcal	160	190	160	180	200	200	190	160	190
Protein	g*	6	4	4	4	2	3	4	6	4
Total Fat	g	14	19	13	17	22	20	20	13	18
Saturated Fat	g	1	4	3	1.5	3.5	2	1.5	1.5	1.5
Monounsaturated Fat	g	9	7	8	13	17	12	5.5	7	2.5
Polyunsaturated Fat	g	3.5	6	2	2	0.5	6	10	4	13
Linoleic acid (18:2)	g	3	6	2	2	0.5	6	9	3.5	11
Linolenic acid (18:3)	g	0	0	0	0	0	0.5	0	0	2.5
Cholesterol	mg**	0	0	0	0	0	0	0	0	0
Carbohydrate	g	6	3	9	5	4	4	4	8	4
Fiber	g	4	2	1	3	2	3	1	3	2
Calcium	mg (%DV***)	75 (8)	45 (4)	13 (0)	32 (4)	20 (2)	20 (2)	5 (0)	30 (4)	28 (2)
Iron	mg (%DV)	1.05 (6)	0.69 (4)	1.7 (10)	1.33 (8)	0.75 (4)	0.72 (4)	1.57 (8)	1.14 (6)	0.82 (4)
Magnesium	mg (%DV)	76 (20)	107 (25)	74 (20)	46 (10)	33 (8)	34 (8)	71 (18)	31 (8)	45 (10)
Phosphorus	mg (%DV)	137 (15)	206 (20)	139 (15)	82 (8)	56 (6)	79 (8)	163 (16)	133 (15)	98 (10)
Potassium	mg (%DV)	200 (6)	187 (4)	160 (4)	193 (6)	103 (2)	116 (4)	169 (4)	285 (8)	125 (4)
Sodium	mg (%DV)	0 (0)	1 (0)	5 (0)	0 (0)	1 (0)	0 (0)	1 (0)	2 (0)	1 (0)
Zinc	mg (%DV)	0.87 (6)	1.15 (8)	1.59 (10)	0.69 (4)	0.37 (2)	1.28 (8)	1.83 (12)	0.66 (4)	0.88 (6)
Copper	mg (%DV)	0.23 (15)	0.49 (25)	0.63 (30)	0.49 (25)	0.16 (8)	0.34 (15)	0.38 (20)	0.37 (20)	0.45 (25)
Manganese	mg (%DV)	0.65 (30)	0.35 (15)	0.23 (10)	1.75 (90)	0.86 (45)	1.28 (60)	2.5 (120)	0.35 (20)	0.97 (50)
Selenium	mcg **** (%DV)	0.7 (0)	543.5 (780)	3.3 (4)	0.7 (0)	3.3 (4)	1.1 (2)	0.2 (0)	2.8 (4)	1.4 (2)
Vitamin C	mg (%DV)	0 (0)	0.2 (0)	0 (0)	1.8 (2)	0.2 (0)	0.3 (0)	0.2 (0)	0.9 (2)	0.4 (0)
Thiamin	mg (%DV)	0.06 (4)	0.18 (12)	0.06 (4)	0.18 (10)	0.2 (15)	0.19 (10)	0.1 (6)	0.2 (15)	0.1 (6)
Riboflavin	mg (%DV)	0.29 (15)	0.01 (0)	0.06 (4)	0.03 (2)	0.03 (2)	0.04 (2)	0.06 (4)	0.07 (4)	0.04 (2)
Niacin	mg (%DV)	0.96 (4)	0.08 (0)	0.4 (2)	0.51 (2)	0.65 (4)	0.33 (2)	1.24 (6)	0.39 (2)	0.32 (2)
Pantothenic acid	mg (%DV)	0.13 (0)	0.05 (0)	0.35 (4)	0.26 (2)	0.17 (2)	0.25 (2)	0.09 (0)	0.15 (2)	0.16 (2)
Vitamin B6	mg (%DV)	0.04 (2)	0.03 (0)	0.07 (4)	0.16 (8)	0.1 (6)	0.06 (2)	0.03 (0)	0.32 (15)	0.15 (8)
Folate	mcg (%DV)	14 (4)	6 (2)	20 (4)	32 (8)	3 (0)	6 (2)	10 (2)	14 (4)	28 (6)
Choline, total	mg (%DV)	14.8 (2)	8.2 (0)	17.3 (4)	12.9 (2)	12.6 (2)	11.5 (2)	15.8 (2)	20.2 (4)	11.1 (2)
Betaine	mg	0.1	0.1	n/a	0.1	0.1	0.2	0.1	0.2	0.1
Vitamin B12	mcg (%DV)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)
Vitamin A	IU***** (%DV)	0 (0)	0 (0)	0 (0)	6 (0)	0 (0)	16 (0)	8 (0)	73 (2)	6 (0)
Vitamin K	mcg	0	0	9.8	4	0	1	15.3	3.7	0.8
Vitamin D	IU (%DV)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)
Vitamin E	(%DV)	(35)	(8)	(0)	(20)	(0)	(2)	(10)	(2)	(0)
Tocopherol, alpha	mg	7.43	1.62	0.26	4.26	0.16	0.40	2.65	0.69	0.20
Tocopherol, beta	mg	0.08	0	n/a	0.09	0	0.11	0	0.04	0.04
Tocopherol, gamma	mg	0.18	2.23	n/a	0	0	6.93	3.16	6.68	5.91
Tocopherol, delta	mg	0.01	0.22	n/a	0	0	0.13	0	0.15	0.54
Carotenoids										
Carotene, beta	mcg	0	0	0	3	0	8	5	44	3
Carotene, alpha	mcg	0	0	0	1	0	0	0	0	0
Cryptoxanthin, beta	mcg	0	0	0	0	0	3	0	0	0
Lutein + zeaxanthin	mcg	0	0	7	26	0	5	3	329	3

Source: USDA National Nutrient Database for Standard Reference, Release 24, 2011.

*g = gram; **mg = milligram; ***% DV = % Daily Value ; ****mcg = microgram; *****IU = International Unit

¹All of the nuts are unsalted; almonds, Brazil nuts, hazelnuts, pecans, pine nuts and walnuts are unroasted; cashews, macadamias and pistachios are dry roasted. ²Pignolia variety.

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