

Nutrients in 1 Ounce of Tree Nuts¹ and Peanuts

Nutrient	Units	Almonds	Brazils	Cashews	Hazelnuts	Macadamias	Peanuts	Pecans	Pine nuts ²	Pistachios	Walnuts
	# of kernels/oz	24	6-8	18	20	10-12	28	20 halves	157	49	14 halves
Calories	kcal	160	190	160	180	200	170	200	190	160	190
Protein	g*	6	4	4	4	2	7	3	4	6	4
Total Fat	g	14	19	13	17	22	14	20	20	13	18
Saturated Fat	g	1	5	3	1.5	3	2	2	2	1.5	1.5
Monounsaturated Fat	g	9	7	8	13	17	7	12	6	7	2.5
Polyunsaturated Fat	g	3	7	2	2	0.5	5	6	10	4	13
Linoleic acid (18:2)	g	3	6.75	2.17	2.22	0.37	4.44	5.85	9.40	3.87	10.78
Linolenic acid (18:3)	g	0	0.02	0.05	0.02	0.06	0	0.28	0.05	0.07	2.57
Cholesterol	mg**	0	0	0	0	0	0	0	0	0	0
Carbohydrate	g	6	3	9	5	4	6	4	4	8	4
Fiber	g	3	2	1	3	2	2	3	1	3	2
Calcium	%DV***	6	4	0	4	2	2	2	0	4	2
Iron	%DV	6	4	10	8	4	4	4	8	6	4
Magnesium	%DV	20	25	20	10	8	10	8	18	8	10
Phosphorus	%DV	15	20	15	8	6	10	8	16	15	10
Potassium	%DV	6	4	4	6	2	6	4	4	9	4
Sodium	mg	trace	trace	5	0	trace	trace	0	0	trace	trace
Zinc	%DV	6	8	10	4	2	6	8	12	4	6
Copper	%DV	15	25	30	25	8	10	15	18	20	20
Manganese	%DV	35	15	12	90	45	30	60	125	18	50
Selenium	%DV	trace	780	4	trace	trace	2	2	trace	4	2
Vitamin C	%DV	0	0	0	2	0	0	0	trace	trace	0
Thiamin	%DV	4	12	4	10	15	8	10	6	15	6
Riboflavin	%DV	15	trace	4	2	2	2	2	4	2	2
Niacin	%DV	6	trace	2	2	4	20	2	6	2	2
Pantothenic acid	%DV	0	trace	4	2	2	4	2	trace	0	2
Vitamin B6	%DV	2	trace	4	8	6	4	2	trace	20	8
Folate	%DV	2	2	4	8	0	10	2	4	4	6
Vitamin B12	%DV	0	0	0	0	0	0	0	0	0	0
Vitamin A	%DV	trace	0	0	trace	0	0	trace	trace	6	trace
Vitamin K	mcg****	0	0	9.84	4.03	n/a	0	0.99	15.28	3.74	.76
Vitamin E	%DV	35	8	0	20	0	10	6	12	2	trace
Tocopherol, alpha	mg	7.33	1.62	0.26	4.26	0.16	1.96	0.40	2.64	0.55	0.20
Tocopherol, beta	mg	0.12	0	n/a	0.09	0	n/a	0.11	0	0.04	0.04
Tocopherol, gamma	mg	0.25	2.23	n/a	0	0	n/a	6.93	3.16	6.36	5.90
Tocopherol, delta	mg	0.07	0.22	n/a	0	0	n/a	0.13	0	0.21	0.54
Total Phytosterols	mg	34	n/a	45	27	32	n/a	29	40	61	20
Stigmasterol	mg	1.13	n/a	n/a	0.28	0	n/a	0.85	n/a	1.13	0.28
Campesterol	mg	1.42	n/a	n/a	1.70	1.98	n/a	1.42	n/a	2.83	1.99
Beta-sitosterol	mg	31.47	n/a	n/a	25.23	30.33	n/a	25.23	n/a	56.42	18.14
Carotenoids											
Carotene, beta	mcg	0.85	0	0	3.12	0	0	8.22	4.82	44.51	3.40
Carotene, alpha	mcg	0	0	0	0.85	0	0	0	0	0	0
Cryptoxanthin, beta	mcg	0	0	0	0	n/a	0	2.55	0	0	0
Lutein + zeaxanthin	mcg	0.28	0	6.52	26.08	n/a	0	4.82	2.55	341.62	2.55

Source: USDA National Nutrient Database for Standard Reference, Release 16, 2003.

*g = gram; **mg = milligram; ***%DV = percent Daily Value; ****mcg = microgram

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

Prepared by the International Tree Nut Council Nutrition Research & Education Foundation, 6/03.

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