



Nutrients in 1 Ounce (28g) of Tree Nuts¹



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

Source: USDA National Nutrient Database for Standard Reference, Release 23, 2010.

*g = gram; **mg = milligram; ***mcg = microgram;

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