

What's in a 1-ounce serving (about 10-14 halves or ¼ cup) of shelled walnuts?

NUTRIENTS	AMOUNT/OUNCE
Energy	185 calories
Protein	4 grams
Total Fat	18 grams
Saturated Fat	1.7 grams
Monounsaturated Fat	2.5 grams
Polyunsaturated Fat	13 grams
Omega-6, linoleic acid (18:2)	10.8 grams
Omega-3, alpha linolenic acid (18:3)	2.6 grams
Cholesterol	0 milligrams
Total Carbohydrate	4 grams
Dietary Fiber	1.9 grams
Calcium	28 milligrams
Iron	0.82 milligrams
Magnesium	45 milligrams
Phosphorus	98 milligrams
Potassium	125 milligrams
Sodium	1 milligram
Zinc	0.88 milligrams
Copper	0.45 milligrams
Manganese	0.97 milligrams
Selenium	1.4 milligrams
Vitamin C	0.4 milligrams
Thiamin	0.10 milligrams
Riboflavin	0.04 milligrams
Niacin	0.32 milligrams
Pantothenic acid	0.16 milligrams
Vitamin B ⁶	0.15 milligrams
Folate	28 milligrams
Vitamin B ¹²	0 micrograms
Vitamin A	6 International Units
Vitamin K	0.8 micrograms
Vitamin E /Alpha-tocopherol	0.20 milligrams
Beta-tocopherol	0.04 milligrams
Gamma-tocopherol	5.91 milligrams
Delta-tocopherol	0.54 milligrams
Stigmasterol	0 milligrams
Campesterol	2 milligrams
Beta-sitosterol	18 milligrams
Alpha-carotene	0 micrograms
Beta-carotene	3 micrograms
Beta-cryptoxanthin	0 micrograms
Lutein + zeaxanthin	3 micrograms

Source: USDA Nutrient Database for Standard Reference, version 18, July 2005.