



Nutrients in One Ounce of Tree Nuts and Peanuts¹

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

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

NUTRIENTS	UNITS	WALNUTS	ALMONDS	BRAZIL NUTS	CASHEWS	HAZEL NUTS	MACADAMIA NUTS	PEANUTS	PECANS	PINE NUTS ²	PISTACHIOS
Number of Nuts/Ounce		14 halves	23	6-8	18	21	10-12	28	20 halves	167	49
Energy	kilocalories	185	165	190	160	180	200	160	200	190	160
Protein	grams	4	6	4	5	4	2	7	3	4	6
Total Fat	grams	18	14	19	12	17	21	14	20	19	13
Saturated Fat	grams	1.7	1.1	4.3	2.2	1.3	3.4	1.9	1.8	1.4	1.5
Monounsaturated Fat	grams	2.5	9.1	7.0	6.7	12.9	16.7	6.9	11.6	5.3	6.6
Polyunsaturated Fat	grams	13	3.5	5.8	2.2	2.2	0.4	4.4	6.1	9.7	3.8
Omega-6, linoleic acid (18:2)	grams	10.8	3.5	5.8	2.2	2.2	0.4	4.4	5.85	9.40	3.74
Omega-3, alpha linolenic acid (18:3)	grams	2.6	0	0.01	0.02	0.03	0.06	0	0.28	0.05	0.07
Cholesterol	milligrams	0	0	0	0	0	0	0	0	0	0
Total Carbohydrate	grams	4	6	3	9	5	4	5	4	4	8
Dietary Fiber	grams	1.9	3.3	2.1	0.9	2.7	2.4	2.4	2.7	1.0	2.9
Calcium	milligrams	28	70	45	10	32	24	26	20	5	30
Iron	milligrams	0.82	1.22	0.69	1.89	1.33	1.05	1.30	0.72	1.57	1.18
Magnesium	milligrams	45	78	107	83	46	37	48	34	71	34
Phosphorus	milligrams	98	134	206	168	82	53	107	79	163	139
Potassium	milligrams	125	206	187	187	193	104	200	116	169	291
Sodium	milligrams	1	0	1	3	0	1	5	0	1	0
Zinc	milligrams	0.88	0.95	1.15	1.64	0.69	0.37	0.93	1.28	1.83	0.62
Copper	milligrams	0.45	0.32	0.50	0.62	0.49	0.21	0.32	0.34	0.38	0.37
Manganese	milligrams	0.97	0.72	0.35	0.47	1.75	1.17	0.55	1.28	2.50	0.34
Selenium	micrograms	1.4	0.8	544	5.6	0.7	1.0	2.0	1.1	0.2	2.0
Vitamin C	milligrams	0.4	0	0.2	0.1	1.8	0.3	0	0.3	0.2	1.4
Thiamin	milligrams	0.10	0.07	0.18	0.12	0.18	0.34	0.18	0.19	0.10	0.25
Riboflavin	milligrams	0.04	0.23	0.01	0.02	0.03	0.05	0.04	0.04	0.06	0.05
Niacin	milligrams	0.32	1.11	0.08	0.30	0.51	0.70	3.42	0.33	1.24	0.37
Pantothenic acid	milligrams	0.16	0.10	0.05	0.25	0.26	0.22	0.50	0.25	0.09	0.15
Vitamin B ⁶	milligrams	0.15	0.04	0.03	0.12	0.16	0.08	0.10	0.06	0.03	0.48
Folate	micrograms	28	8	6	7	32	3	68	6	10	14
Vitamin B ¹²	micrograms	0	0	0	0	0	0	0	0	0	0
Vitamin A	Int'l Units	6	1	0	0	6	0	0	16	8	157
Vitamin K	micrograms	0.8	0	0	9.7	4.0	n/a	0	1.0	15.3	n/a
Vitamin E /Alpha-tocopherol	milligrams	0.20	7.33	1.62	0.26	4.26	0.15	2.36	0.40	2.65	0.65
Beta-tocopherol	milligrams	0.04	0.12	0	0.01	0.09	0	n/a	0.11	0	0
Gamma-tocopherol	milligrams	5.91	0.25	2.23	1.51	0	0	n/a	6.93	3.16	6.41
Delta-tocopherol	milligrams	0.54	0.07	0.22	0.10	0	0	n/a	0.13	0	0.23
Stigmasterol	milligrams	0	1	n/a	n/a	0	0	n/a	1	n/a	1
Campesterol	milligrams	2	1	n/a	n/a	2	2	n/a	1	n/a	3
Beta-sitosterol	milligrams	18	31	n/a	n/a	25	31	n/a	25	n/a	56
Alpha-carotene	micrograms	0	0	0	0	1	n/a	0	0	0	0
Beta-carotene	micrograms	3	1	0	0	3	n/a	0	8	5	94
Beta-cryptoxanthin	micrograms	0	0	0	0	0	n/a	0	3	0	0
Lutein + zeaxanthin	micrograms	3	0	0	6	26	n/a	0	5	3	n/a