

# Nutrients in One Ounce of Walnuts



NUTRIENT	UNITS	WALNUTS
	# of kernels/oz	14 halves
CALORIES	KCAL	190
PROTEIN	G*	4
TOTAL FAT	G	18
SATURATED FAT	G	1.5
MONOUNSATURATED FAT	G	2.5
POLYUNSATURATED FAT	G	13
LINOLEIC ACID (18:2)	G	11
LINOLENIC ACID (18:3)	G	2.5
CHOLESTEROL	MG**	0
CARBOHYDRATE	G	4
FIBER	G	2
CALCIUM	MG (%DV****)	28 (2)
IRON	MG (%DV)	0.82 (4)
MAGNESIUM	MG (%DV)	45 (10)
PHOSPHORUS	MG (%DV)	98 (10)
POTASSIUM	MG (%DV)	125 (4)
SODIUM	MG (%DV)	1 (0)
ZINC	MG (%DV)	0.88 (6)
COPPER	MG (%DV)	0.45 (25)
MANGANESE	MG (%DV)	0.97 (50)
SELENIUM	MCG*** (%DV)	1.4 (2)
VITAMIN C	MG (%DV)	0.4 (0)
THIAMIN	MG (%DV)	0.1 (6)
RIBOFLAVIN	MG (%DV)	0.04 (2)
NIACIN	MG (%DV)	0.32 (2)
PANTOTHENIC ACID	MG (%DV)	0.16 (2)
VITAMIN B6	MG (%DV)	0.15 (8)
FOLATE	MCG (%DV)	28 (6)
CHOLINE, TOTAL	MG (%DV)	11.1 (2)
BETAINE	MG	0.1
VITAMIN B12	MCG (%DV)	0 (0)
VITAMIN A	IU***** (%DV)	6 (0)
VITAMIN D	IU (%DV)	0 (0)
VITAMIN K	MCG	0.8
<b>VITAMIN E</b>	<b>(%DV)</b>	<b>(0)</b>
TOCOPHEROL, ALPHA	MG	0.20
TOCOPHEROL, BETA	MG	0.04
TOCOPHEROL, GAMMA	MG	5.91
TOCOPHEROL, DELTA	MG	0.54
<b>CAROTENOIDS</b>		
CAROTENE, BETA	MCG	3
CAROTENE, ALPHA	MCG	0
CRYPTOXANTHIN, BETA	MCG	0
LUTEIN + ZEAXANTHIN	MCG	3

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

\*g = gram; \*\*mg = milligram; \*\*\*mcg = microgram; \*\*\*\*% DV= % Daily Value; \*\*\*\*\* IU = international unit

# Nutrients and % DV in One Ounce of Tree Nuts and Peanuts<sup>1</sup>

NUTRIENT	UNITS	WALNUTS	ALMONDS	BRAZILS	CASHEWS	HAZELNUTS	MACADAMIAS	PEANUTS	PECANS	PINE NUTS <sup>2</sup>	PISTACHIOS
	# of kernels/oz	14 halves	23	6	18	21	10-12	28	19 HALVES	167	49
CALORIES	KCAL	190	160	190	160	180	200	170	200	190	160
PROTEIN	G*	4	6	4	4	4	2	7	3	4	6
TOTAL FAT	G	18	14	19	13	17	22	14	20	20	13
SATURATED FAT	G	1.5	1	4	3	1.5	3.5	2	2	1.5	1.5
MONOUNSATURATED FAT	G	2.5	9	7	8	13	17	7	12	5.5	7
POLYUNSATURATED FAT	G	13	3.5	6	2	2	0.5	4.5	6	10	4
LINOLEIC ACID (18:2)	G	11	3	6	2	2	0.5	4.5	6	9	3.5
LINOLENIC ACID (18:3)	G	2.5	0	0	0	0	0	0	0.5	0	0
CHOLESTEROL	MG**	0	0	0	0	0	0	0	0	0	0
CARBOHYDRATE	G	4	6	3	9	5	4	6	4	4	8
FIBER	G	2	4	2	1	3	2	2	3	1	3
CALCIUM	MG (%DV****)	28 (2)	75 (8)	45 (4)	13 (0)	32 (4)	20 (2)	15 (2)	20 (2)	5 (0)	30 (4)
IRON	MG (%DV)	0.82 (4)	1.05 (6)	0.69 (4)	1.7 (10)	1.33 (8)	0.75 (4)	0.64 (4)	0.72 (4)	1.57 (8)	1.14 (6)
MAGNESIUM	MG (%DV)	45 (10)	76 (20)	107 (25)	74 (20)	46 (10)	33 (8)	50 (10)	34 (8)	71 (18)	31 (8)
PHOSPHORUS	MG (%DV)	98 (10)	137 (15)	206 (20)	139 (15)	82 (8)	56 (6)	101 (10)	79 (8)	163 (16)	133 (15)
POTASSIUM	MG (%DV)	125 (4)	200 (6)	187 (6)	160 (4)	193 (6)	103 (2)	187 (6)	116 (4)	169 (4)	285 (8)
SODIUM	MG (%DV)	1 (0)	0 (0)	1 (0)	5 (0)	0 (0)	1 (0)	2 (0)	0 (0)	1 (0)	2 (0)
ZINC	MG (%DV)	0.88 (6)	0.87 (6)	1.15 (8)	1.59 (10)	0.69 (4)	0.37 (2)	0.94 (6)	1.28 (8)	1.83 (12)	0.66 (4)
COPPER	MG (%DV)	0.45 (25)	0.23 (15)	0.49 (25)	0.63 (30)	0.49 (25)	0.16 (8)	0.19 (10)	0.34 (15)	0.38 (20)	0.37 (20)
MANGANESE	MG (%DV)	0.97 (50)	0.65 (30)	0.35 (15)	0.23 (10)	1.75 (90)	0.86 (45)	0.59 (30)	1.28 (60)	2.5 (120)	0.35 (20)
SELENIUM	MCG *** (%DV)	1.4 (2)	0.7 (0)	543.5 (780)	3.3 (4)	0.7 (0)	3.3 (4)	2.1 (2)	1.1 (2)	0.2 (0)	2.8 (4)
VITAMIN C	MG (%DV)	0.4 (0)	0 (0)	0.2 (0)	0 (0)	1.8 (2)	0.2 (0)	0 (0)	0.3 (0)	0.2 (0)	0.9 (2)
THIAMIN	MG (%DV)	0.1 (6)	0.06 (4)	0.18 (12)	0.06 (4)	0.18 (10)	0.2 (15)	0.12 (8)	0.19 (10)	0.1 (6)	0.2 (15)
RIBOFLAVIN	MG (%DV)	0.04 (2)	0.29 (15)	0.01 (0)	0.06 (4)	0.03 (2)	0.03 (2)	0.03 (2)	0.04 (2)	0.06 (4)	0.07 (4)
NIACIN	MG (%DV)	0.32 (2)	0.96 (4)	0.08 (0)	0.4 (2)	0.51 (2)	0.65 (4)	3.83 (20)	0.33 (2)	1.24 (6)	0.39 (2)
PANTOTHENIC ACID	MG (%DV)	0.16 (2)	0.13 (0)	0.05 (0)	0.35 (4)	0.26 (2)	0.17 (2)	0.4 (4)	0.25 (2)	0.09 (0)	0.15 (2)
VITAMIN B6	MG (%DV)	0.15 (8)	0.04 (2)	0.03 (0)	0.07 (4)	0.16 (8)	0.1 (6)	0.07 (4)	0.06 (2)	0.03 (0)	0.32 (15)
FOLATE	MCG (%DV)	28 (6)	14 (4)	6 (2)	20 (4)	32 (8)	3 (0)	41 (10)	6 (2)	10 (2)	14 (4)
CHOLINE, TOTAL	MG (%DV)	11.1 (2)	14.8 (2)	8.2 (0)	17.3 (4)	12.9 (2)	12.6 (2)	15.7 (2)	11.5 (2)	15.8 (2)	20.2 (4)
BETAINE	MG	0.1	0.1	0.1	N/A	0.1	0.1	N/A	0.2	0.1	0.2
VITAMIN B12	MCG (%DV)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)
VITAMIN A	IU***** (%DV)	6 (0)	0 (0)	0 (0)	0 (0)	6 (0)	0 (0)	0 (0)	16 (0)	8 (0)	73 (2)
VITAMIN D	IU (%DV)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)
VITAMIN K	MCG	0.8	0	0	9.8	4	0	0	1	15.3	3.7
<b>VITAMIN E</b>	<b>(%DV)</b>	<b>(0)</b>	<b>(35)</b>	<b>(8)</b>	<b>(0)</b>	<b>(20)</b>	<b>(0)</b>	<b>(10)</b>	<b>(2)</b>	<b>(10)</b>	<b>(2)</b>
TOCOPHEROL, ALPHA	MG	0.20	7.43	1.62	0.26	4.26	0.16	1.96	0.40	2.65	0.69
TOCOPHEROL, BETA	MG	0.04	0.08	0	N/A	0.09	0	N/A	0.11	0	0.04
TOCOPHEROL, GAMMA	MG	5.91	0.18	2.23	N/A	0	0	N/A	6.93	3.16	6.68
TOCOPHEROL, DELTA	MG	0.54	0.01	0.22	N/A	0	0	N/A	0.13	0	0.15
<b>CAROTENOIDS</b>											
CAROTENE, BETA	MCG	3	0	0	0	3	0	0	8	5	44
CAROTENE, ALPHA	MCG	0	0	0	0	1	0	0	0	0	0
CRYPTOXANTHIN, BETA	MCG	0	0	0	0	0	0	0	3	0	0
LUTEIN + ZEAXANTHIN	MCG	3	0	0	7	26	0	0	5	3	329



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

Prepared by the International Tree Nut Council Nutrition Research & Education Foundation, 10/11.

\*g = gram; \*\*mg = milligram; \*\*\*mcg = microgram; \*\*\*\*% DV = % Daily Value; \*\*\*\*\* IU = international unit

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