

Nutrients in 100 grams of tree nuts and peanuts¹

| Nutrient | Units | Almonds | Brazils | Cashews | Hazelnuts | Macadamias | Peanuts | Pecans | Pine nuts | Pistachios | Walnuts |
|---------------------------|--------------------|--------------|-------------|-------------|--------------|-------------|-------------|-------------|-------------|-------------|-------------|
| Calories | kcal | 580 | 660 | 570 | 630 | 720 | 590 | 690 | 570 | 570 | 650 |
| Protein | g* | 21 | 14 | 15 | 15 | 8 | 24 | 9 | 24 | 21 | 15 |
| Total Fat | g | 51 | 66 | 46 | 61 | 76 | 50 | 72 | 51 | 46 | 65 |
| Saturated Fat | g | 4 | 16 | 9 | 4 | 12 | 7 | 6 | 8 | 6 | 6 |
| Monounsaturated Fat | g | 32 | 23 | 27 | 46 | 59 | 25 | 41 | 19 | 24 | 9 |
| Polyunsaturated Fat | g | 12 | 24 | 8 | 8 | 1.5 | 16 | 22 | 21 | 14 | 47 |
| Linoleic acid (18:2) | g | 12 | 23.81 | 7.66 | 7.83 | 1.30 | 16 | 21 | 21 | 13.64 | 38 |
| Linolenic acid (18:3) | g | 0 | 0.06 | 0.16 | 0.09 | 0.20 | 0 | 1 | 1 | 0.26 | 9 |
| Cholesterol | mg** | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Carbohydrate | g | 20 | 13 | 33 | 17 | 13 | 22 | 14 | 14 | 28 | 14 |
| Fiber | g | 12 | 5 | 3 | 10 | 8 | 8 | 10 | 4 | 10 | 7 |
| Calcium | mg | 248 | 176 | 45 | 114 | 70 | 54 | 70 | 26 | 110 | 98 |
| Iron | mg | 4.30 | 3.40 | 6.00 | 4.70 | 2.65 | 2.26 | 2.53 | 9.20 | 4.20 | 2.91 |
| Magnesium | mg | 275 | 225 | 260 | 163 | 118 | 176 | 121 | 233 | 120 | 158 |
| Phosphorus | mg | 474 | 600 | 490 | 290 | 198 | 358 | 277 | 508 | 485 | 346 |
| Potassium | mg | 728 | 600 | 565 | 680 | 363 | 658 | 410 | 599 | 1,042 | 441 |
| Sodium | mg | 1 | 2 | 16 | 0 | 4 | 6 | 0 | 4 | 10 | 2 |
| Zinc | mg | 3.36 | 4.59 | 5.60 | 2.45 | 1.29 | 3.31 | 4.53 | 4.25 | 2.30 | 3.09 |
| Copper | mg | 1.11 | 1.77 | 2.22 | 1.72 | 0.57 | 0.67 | 1.20 | 1.03 | 1.32 | 1.59 |
| Manganese | mg | 2.53 | 0.77 | 0.83 | 6.17 | 3.04 | 2.08 | 4.50 | 4.30 | 1.27 | 3.41 |
| Selenium | mcg*** | 4.40 | 2,960 | 11.70 | 4.00 | 3.60 | 7.50 | 6.00 | 16.6 | 8.00 | 4.60 |
| Vitamin C | mg | 0 | 0.70 | 0 | 6.30 | 0.70 | 0 | 1.10 | 1.90 | 2.30 | 1.30 |
| Thiamin | mg | 0.24 | 1.00 | 0.20 | 0.64 | 0.71 | 0.44 | 0.66 | 0.81 | 0.84 | 0.34 |
| Riboflavin | mg | 0.81 | 0.12 | 0.20 | 0.11 | 0.09 | 0.10 | 0.13 | 0.19 | 0.16 | 0.15 |
| Niacin | mg | 3.92 | 1.62 | 1.40 | 1.80 | 2.27 | 13.52 | 1.17 | 3.57 | 1.42 | 1.99 |
| Pantothenic acid | mg | 0.35 | 0.24 | 1.22 | 0.92 | 0.60 | 1.39 | 0.86 | 0.21 | 0.51 | 0.57 |
| Vitamin B6 | mg | 0.13 | 0.25 | 0.26 | 0.56 | 0.36 | 0.26 | 0.21 | 0.11 | 1.70 | 0.54 |
| Folate | mcg | 29 | 4 | 69 | 113 | 10 | 145 | 22 | 57 | 50 | 98 |
| Vitamin B12 | mcg | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Vitamin A | IU**** | 10 | 0 | 0 | 40 | 0 | 0 | 77 | 29 | 533 | 41 |
| Vitamin E | mg ATE***** | 26.18 | 7.60 | 0.57 | 15.19 | 0.57 | 7.80 | 4.05 | 3.50 | 4.26 | 2.92 |
| Tocopherol, alpha | mg | 25.87 | n/a | n/a | 15.03 | 0.57 | n/a | 1.40 | n/a | 1.93 | 0.70 |
| Tocopherol, beta | mg | 0.43 | n/a | n/a | 0.33 | 0 | n/a | 0.39 | n/a | 0.14 | 0.15 |
| Tocopherol, gamma | mg | 0.89 | n/a | n/a | 0 | 0 | n/a | 24.44 | n/a | 22.45 | 20.83 |
| Tocopherol, delta | mg | 0.25 | n/a | n/a | 0 | 0 | n/a | 0.47 | n/a | 0.73 | 1.89 |
| Total Phytosterols | mg | 120 | n/a | 158 | 96 | 114 | n/a | 102 | 141 | 214 | 72 |
| Stigmasterol | mg | 4 | n/a | n/a | 1 | 0 | n/a | 3 | n/a | 4 | 1 |
| Campesterol | mg | 5 | n/a | n/a | 6 | 7 | n/a | 5 | n/a | 10 | 7 |
| Beta-sitosterol | mg | 111 | n/a | n/a | 89 | 107 | n/a | 89 | n/a | 199 | 64 |

Source: USDA National Nutrient Database for Standard Reference, Release 15, August 2002.

*g = gram

**mg = milligram

***mcg = microgram

****IU = International Units

*****mg ATE = alpha tocopherol equivalents

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

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