

NUTRIENT CONTENT OF TREE NUTS

USDA Nutrient Laboratory Database, Release 16 (nd = no data); Bolded numbers indicate highest values

<i>(1 ounce whole natural)</i>	Almond	Brazil nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut
Calories	164	186	160	178	204	196	158	185
Protein (g)	6.0	4.1	5.2	4.2	2.2	2.6	5.8	4.3
Total fat (g)	14	18.8	13	17	21	20.4	13	18.5
Carbohydrate (g)	5.6	3.5	7.7	4.7	3.9	3.9	7.9	3.9
Dietary Fiber (g)	3.3	2.1	0.9	2.8	2.4	2.7	2.9	1.9
Calcium (mg)	70	45	10	32	24	20	30	28
Iron (mg)	1.2	0.7	1.9	1.3	1.05	0.72	1.2	0.83
Magnesium (mg)	78	64	83	46	37	34	34	45
Phosphorus (mg)	134	170	168	82	53	79	139	98
Potassium (mg)	206	170	187	193	104	116	291	125
Sodium (mg)	0.28	0.85	3	0	1.4	0	0.3	0.57
Zinc (mg)	1	1.2	1.6	0.69	0.37	1.3	0.62	0.88
Copper (mg)	0.32	0.5	0.62	0.5	0.21	0.34	0.37	0.45
Manganese (mg)	0.72	0.3	0.47	1.8	1.2	1.3	0.34	0.97
Selenium (mg)	0.80	543	5.6	0.7	1.0	1.1	2.0	1.4
Thiamin (mg)	0.07	0.18	0.12	0.2	0.34	0.19	0.25	0.1
Riboflavin (mg)	0.23	0.01	0.02	0.03	0.05	0.04	0.05	0.04
Niacin (mg)	1.1	0.08	0.3	0.5	0.7	0.33	0.4	0.32
Pantothenic acid (mg)	0.1	0.05	0.25	0.3	0.22	0.25	0.15	0.16
Vit B6 (mg)	0.04	0.03	0.12	0.16	0.08	0.06	0.5	0.15
Folate (Ug)	8.2	6.2	7	32	3.1	6	15	28
Vit A (IU)	1.4	0	0	6	0	16	157	5.7
Alpha-tocopherol (mg)	7.3	1.6	0.26	4.3	0.15	0.4	0.65	0.2
Saturated fat (g)	1.1	4.3	2.4	1.3	3.4	1.8	1.5	1.7
Monounsaturated fat (g)	9.1	7	7.2	13	17	11.6	6.6	2.5
Polyunsaturated fat (g)	3.5	6.0	2.4	2.2	0.43	6.1	3.8	13
Phytosterols (mg)	34	nd	nd	27	33	29	61	20

Provided courtesy of the Almond Board of California