



# Nutrient Profiles Of Nuts

*Commonly Consumed As Snacks\* On A One-Ounce Serving Basis*

	Pistachios	Almonds	Cashews	Macadamias	Peanuts	Pecans	Walnuts*
Amount per serving	49 whole nuts	22 whole nuts	18 whole nuts	10-12 whole nuts	30 whole nuts	20 halves	14 halves
<b>Calories</b>	160	170	160	200	170	200	190
<b>Total Fat (g)</b>	13	15	13	22	14	21	19
Saturated Fat (g)	1.5	1	3	3.5	2	2	1.5
Polyunsaturated Fat (g)	4	4	2	0.5	4.5	6	13
Monounsaturated Fat (g)	7	10	8	17	7	13	2.5
<b>Cholesterol (mg)</b>	0	0	0	0	0	0	0
<b>Sodium (mg)</b>	115	100	180	80	230	110	<1
<b>Potassium (mg)</b>	300	210	160	100	190	120	130
<b>Total Carbohydrate (g)</b>	8	6	9	4	6	4	4
Dietary Fiber (g)	3	3	1	2	2	3	2
Sugars (g)	2	1	1	1	1	1	1
<b>Protein (g)</b>	6	6	4	2	7	3	4
<b>% DAILY VALUE</b>							
Vitamin A	2 %	0 %	0 %	0 %	0 %	<2 %	<2 %
Calcium	4 %	8 %	<2 %	2 %	2 %	2 %	4 %
Iron	6 %	8 %	10 %	4 %	4 %	4 %	4 %
Vitamin E	2 %	35 %	<2 %	<2 %	10 %	2 %	<2 %
Thiamin	15 %	<2 %	4 %	15 %	8 %	8 %	6 %
Vitamin B-6	20 %	2 %	4 %	6 %	4 %	2 %	8 %
Folate	4 %	2 %	4 %	<2 %	10 %	2 %	6 %
Phosphorus	15 %	15 %	15 %	6 %	10 %	8 %	10 %
Magnesium	8 %	20 %	20 %	8 %	15 %	10 %	10 %
Zinc	4 %	6 %	10 %	2 %	6 %	10 %	6 %
Copper	20 %	15 %	30 %	8 %	10 %	15 %	25 %
Selenium	4 %	<2 %	6 %	4 %	4 %	2 %	8 %

\* All nuts dry roasted with salt except for walnuts, which are reported raw, unsalted.  
 Nutrient data from the USDA Nutrient Database for Standard Reference, Release 16 (2003).  
 Related Web sites: [www.pistachios.org](http://www.pistachios.org), [www.nuthealth.org](http://www.nuthealth.org), [www.nal.usda.gov/fnic/cgi-bin/nut\\_search.pl](http://www.nal.usda.gov/fnic/cgi-bin/nut_search.pl)



# Nutrient Profiles Of Nuts

Commonly Consumed As Snacks\* On A 100 Gram Basis

	Pistachios	Almonds	Cashews	Macadamias	Peanuts	Pecans	Walnuts*
<b>Amount per 100 grams</b>							
<b>Calories</b>	568	597	574	716	585	710	654
<b>Total Fat (g)</b>	46	53	46	76	50	74	65
Saturated Fat (g)	6	4	9	12	7	6	6
Polyunsaturated Fat (g)	14	13	8	1.5	16	21	47
Monounsaturated Fat (g)	24	34	27	59	25	44	9
<b>Cholesterol (mg)</b>	0	0	0	0	0	0	0
<b>Sodium (mg)</b>	405	339	640	265	813	383	2
<b>Potassium (mg)</b>	1042	746	565	363	658	424	441
<b>Total Carbohydrate (g)</b>	27	19	33	13	22	14	14
Dietary Fiber (g)	10	12	3	8	8	9	7
Sugars (g)	8	5	5	4	4	4	3
<b>Protein (g)</b>	21	22	15	8	24	10	15
Vitamin A (IU)	262	1	0	0	0	140	41
Calcium (mg)	110	266	45	70	54	72	98
Iron (mg)	4	5	6	3	2	3	3
Vitamin E ( <i>alpha</i> -tocopherol)	1.9	26	0.9	0.6	7.8	1.3	0.7
Thiamin (mg)	0.8	0.1	0.2	0.7	0.4	0.5	0.3
Vitamin B-6 (mg)	1.3	0.1	0.3	0.4	0.3	0.2	0.5
Folate (mcg)	50	33	69	10	145	16	98
Phosphorus (mg)	485	489	490	198	358	293	346
Magnesium (mg)	120	286	260	118	176	132	158
Zinc (mg)	2.3	4	6	1.3	3.3	5	3
Copper (mg)	1.3	1.2	2.2	0.6	0.7	1.2	1.6
Selenium (mcg)	9.3	2.8	12	11.7	7.5	4	4.9
Phytosterols (mg)	214	118	158	114	N/A	85	72

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