

Nutrients and % DV in 1 Ounce of Tree Nuts¹

Nutrient	Units	Almonds	Brazils	Cashews	Hazelnuts	Macadamias	Pecans	Pine nuts ²	Pistachios	Walnuts
	# of kernels/oz	23	6	18	21	10 to 12	19 halves	167	49	14 halves
Calories	Calories (%DV)*	160 (8)	190 (10)	160 (8)	180 (9)	200 (10)	200 (10)	190 (10)	160 (8)	190 (10)
Protein	g**	6	4	4	4	2	3	4	6	4
Total Fat	g (%DV)	14 (18)	19 (24)	13 (17)	17 (22)	22 (28)	20 (26)	20 (26)	13 (17)	18 (23)
Saturated Fat	g	1 (5)	4.5 (23)	3 (15)	1.5 (8)	3.5 (18)	2 (10)	1.5 (8)	1.5 (8)	1.5 (8)
Monounsaturated Fat	g	9	7	8	13	17	12	5.5	7	2.5
Polyunsaturated Fat	g	3.5	7	2	2	0.5	6	10	4	13
Linoleic acid (18:2)	g	3.5	7	2	2	0.5	6	9	3.5	11
Linolenic acid (18:3)	g	0	0	0	0	0	0.5	0	0	2.5
Cholesterol	mg*** (%DV)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)
Carbohydrate	g (%DV)	6 (2)	3 (1)	9 (3)	5 (2)	4 (1)	4 (1)	4 (1)	8 (3)	4 (1)
Fiber	g (%DV)	4 (14)	2 (7)	1 (4)	3 (11)	2 (7)	3 (11)	1 (4)	3 (11)	2 (7)
Calcium	mg (%DV)	76 (6)	45 (4)	13 (0)	32 (2)	20 (2)	20 (2)	5 (0)	30 (2)	28 (2)
Iron	mg (%DV)	1.05 (6)	0.69 (4)	1.7 (10)	1.33 (8)	0.75 (4)	0.72 (4)	1.57 (8)	1.14 (6)	0.82 (4)
Magnesium	mg (%DV)	77 (20)	107 (25)	74 (20)	46 (10)	33 (8)	34 (8)	71 (15)	31 (8)	45 (10)
Phosphorus	mg (%DV)	136 (10)	206 (15)	139 (10)	82 (6)	56 (4)	79 (6)	163 (15)	133 (10)	98 (8)
Potassium	mg (%DV)	208 (4)	187 (4)	160 (4)	193 (4)	103 (2)	116 (2)	169 (4)	285 (6)	125 (2)
Sodium	mg (%DV)	0 (0)	1 (0)	5 (0)	0 (0)	1 (0)	0 (0)	1 (0)	2 (0)	1 (0)
Zinc	mg (%DV)	0.88 (8)	1.15 (10)	1.59 (15)	0.69 (6)	0.37 (4)	1.28 (10)	1.83 (15)	0.66 (6)	0.88 (8)
Copper	mg (%DV)	0.29 (30)	0.49 (50)	0.63 (70)	0.49 (50)	0.16 (20)	0.34 (40)	0.38 (40)	0.37 (40)	0.45 (50)
Manganese	mg (%DV)	0.62 (25)	0.35 (15)	0.23 (10)	1.75 (80)	0.86 (35)	1.28 (60)	2.5 (110)	0.35 (15)	0.97 (40)
Selenium	mcg**** (%DV)	1.2 (2)	543.5 (990)	3.3 (6)	0.7 (0)	3.3 (6)	1.1 (2)	0.2 (0)	2.8 (6)	1.4 (2)
Vitamin C	mg (%DV)	0 (0)	0.2 (0)	0 (0)	1.8 (2)	0.2 (0)	0.3 (0)	0.2 (0)	0.9 (0)	0.4 (0)
Thiamin	mg (%DV)	0.06 (4)	0.18 (15)	0.06 (4)	0.18 (15)	0.2 (15)	0.19 (15)	0.1 (8)	0.2 (15)	0.1 (8)
Riboflavin	mg (%DV)	0.32 (25)	0.01 (0)	0.06 (4)	0.03 (2)	0.03 (2)	0.04 (4)	0.06 (4)	0.07 (6)	0.04 (4)
Niacin	mg NE (%DV)	1.03 (6)	0.08 (0)	0.4 (2)	0.51 (4)	0.65 (4)	0.33 (2)	1.24 (8)	0.39 (2)	0.32 (2)
Pantothenic acid	mg (%DV)	0.13 (2)	0.05 (0)	0.35 (6)	0.26 (6)	0.17 (4)	0.25 (4)	0.09 (2)	0.15 (2)	0.16 (4)
Vitamin B6	mg (%DV)	0.04 (2)	0.03 (2)	0.07 (4)	0.16 (10)	0.1 (6)	0.06 (4)	0.03 (2)	0.32 (20)	0.15 (8)
Folate	mcg DFE (%DV)	12 (4)	6 (2)	20 (4)	32 (8)	3 (0)	6 (2)	10 (2)	14 (4)	28 (6)
Choline, total	mg (%DV)	14.8 (2)	8.2 (2)	17.3 (4)	12.9 (2)	12.6 (2)	11.5 (2)	15.8 (2)	20.2 (4)	11.1 (2)
Betaine	mg	0.1	0.1	n/a	0.1	0.1	0.2	0.1	0.2	0.1
Vitamin B12	mcg (%DV)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)
Vitamin A	mcg RAE (%DV)	.3 (0)	0 (0)	0 (0)	1.8 (0)	0 (0)	4.8 (0)	2.4 (0)	4 (0)	1.8 (0)
Carotenoids										
Carotene, beta	mcg	0	0	0	3	0	8	5	45	3
Carotene, alpha	mcg	0	0	0	1	0	0	0	0	0
Cryptoxanthin, beta	mcg	0	0	0	0	0	3	0	0	0
Lutein + zeaxanthin	mcg	0	0	7	26	0	5	3	329	3
Vitamin K	mcg	0 (0)	0 (0)	9.8 (8)	4 (4)	0 (0)	1 (0)	15.3 (12)	3.7 (4)	0.8 (0)
Vitamin D	mcg (%DV)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)
Vitamin E	(%DV)	(50)	(10)	(2)	(30)	0 (0)	(2)	(20)	(4)	(2)
Tocopherol, alpha	mg	7.27	1.6	0.26	4.26	0.16	0.4	2.65	0.62	0.2
Tocopherol, beta	mg	0.07	0	n/a	0.09	0	0.11	0	0.04	0.04
Tocopherol, gamma	mg	0.18	2.71	n/a	0	0	6.93	3.16	6.64	5.91
Tocopherol, delta	mg	0.02	0.18	n/a	0	0	0.13	0	0.16	0.54

Source: USDA National Nutrient Database for Standard Reference, Release 28, Full Report, 2015; Daily values (DVs) based on the new DVs published 7-20-16 in the Federal Register.

% DV= % Daily Value ; **g = gram; *mg = milligram; ****mcg = microgram; DVs for calories, protein, fat, cholesterol, carbohydrate and fiber are based on a 2,000 calorie diet.

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

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