




*Top  
helps*  
go   
**Nuts**



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# Top Chefs go Nuts

Chefs love the unique flavors that nuts add to their dishes. Incorporating a handful of whole, chopped, sliced or pureed tree nuts gives everyday recipes a special flair. If a sauce needs thickening, nuts can provide the perfect consistency, plus added flavor.

Home cooks can also use nuts to take their favorite recipes to the next level. Keep a variety of tree nuts – almonds, Brazils, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios and walnuts – on hand as pantry ingredients. You'll find that they're great for everything from flour to fillers to mix-ins and more.

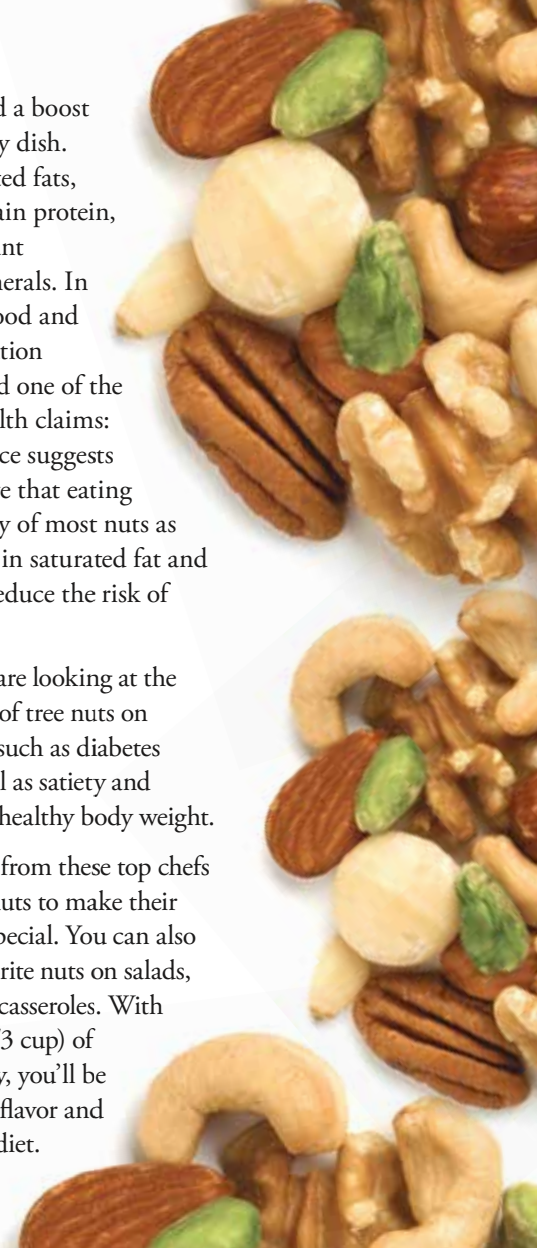
## Here are some ideas from chefs on using tree nuts to flavor up your cooking:

- Purée nuts with breadcrumbs, fresh herbs, a handful of parmesan cheese and enough milk to make a sauce. This makes a healthy, delicious alternative to a butter sauce for pasta.
- Thicken soups and casseroles with nuts. Sauté chopped nuts with chopped onion and carrots, add water to cook, and then purée for a tasty, rich stock that flavors any soup.
- Make your own granola with rolled oats and grains, nuts, dried fruit and oat bran. Toss with a little honey and roast or enjoy raw.
- Combine nuts with olive oil, vinegar or lemon, herbs and seasonings such as capers in a food processor. Make a spread to add to sandwiches or to spoon over grilled chicken or fish. To make a salad dressing, add a little more oil.

Tree nuts also add a boost of nutrition to any dish. Rich in unsaturated fats, all nuts also contain protein, fiber and important vitamins and minerals. In 2003, the U.S. Food and Drug Administration (FDA) announced one of the first qualified health claims: “Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.”

Now, researchers are looking at the potential benefits of tree nuts on other conditions, such as diabetes and cancer, as well as satiety and maintenance of a healthy body weight.

So, take the hints from these top chefs who rely on tree nuts to make their signature dishes special. You can also sprinkle your favorite nuts on salads, desserts, soups or casseroles. With just 1.5 ounces (1/3 cup) of tree nuts every day, you'll be adding a boost of flavor and nutrition to your diet.





# Roasted Sweet Potato, Pecan and Black Bean Tacos

Catherine Bergen, *C Casa, Napa, California*

C Casa is an innovative kitchen in downtown Napa, California, that offers gourmet Mexican street food. Inspired by Baja, **chef owner Catherine Bergen** combined her experience in food flavor development and her extensive travels in Mexico to create Latin food served in a casual, fast-paced environment.

— Serves 8 —

**1 pound** sweet potatoes, washed, peeled and diced

**1 teaspoon** olive oil

**1 teaspoon** Kosher salt

**1 teaspoon** freshly ground black pepper

**1 cup** cooked black beans, rinsed and drained

**8** fresh corn tortillas

**2 tablespoons** garlic aioli or mayonnaise

**4 cups** pea shoots

**4** small radishes, thinly sliced

**¼ cup** crumbled goat cheese

**⅓ cup** crumbled pecans

Cilantro sprigs and sea salt, for garnish

## *Avocado Serrano Crema*

**2 tablespoons** Mexican crema or sour cream

**2 tablespoons** crushed avocado

**1 tablespoon** fresh cilantro (with stems)

**1 teaspoon** lime juice

**⅛-¼** small serrano chili pepper

**½ teaspoon** Kosher salt

**½ teaspoon** freshly ground black pepper

Preheat oven to 375°F.

Prepare Avocado Serrano Crema by combining all ingredients in a blender or food processor. Mix well until smooth. Set aside.

In medium bowl, combine sweet potatoes, olive oil, salt and pepper. Spread on cookie sheet, place in oven and roast 20 – 25 minutes, turning once, or until tender and golden brown. In large saucepan,

warm beans over medium heat. Add cooked sweet potatoes.

To serve, warm tortillas in oven. Spread each with garlic aioli. Top tortillas with the sweet potato bean mixture, followed by the pea shoots, radish and goat cheese. Drizzle with Avocado Serrano Crema. Garnish with pecans, cilantro and salt.

*Per serving: 220 calories, 9g fat, 3g monounsaturated fat, 1g polyunsaturated fat, 1.5g saturated fat, 31g carbohydrate, 7g protein, 6g fiber, 420mg sodium, 0% DV of vitamin D, 4% DV of calcium, 10% DV of iron and 6% DV of potassium.*



# Prosciutto Wrapped Sea Scallops

with Almond Gazpacho, Spring Onions and Aged Sherry

Parke Ulrich, *Waterbar, San Francisco, California*

**Chef Parke Ulrich**, of Waterbar in San Francisco, attributes his life-long interest in food to his German heritage, large family and mealtimes that were always social gatherings. His dedicated advocacy of sustainably-sourced seafood makes his restaurant and the daily-changing menu one of the city's most desirable dining destinations.

— Serves 4 —

## *Almond Gazpacho*

- ¼ cup** green grapes
- ½ cup** almonds, soaked overnight in water and drained
- 2 teaspoons** Amaretto Di Saronno liquor
- 1** small clove garlic
- ¼** cucumber, peeled and chopped
- 2 tablespoons** extra virgin olive oil
- 1 teaspoon** sherry vinegar
- ¼ teaspoon** salt
- ½** slice hard bread, crust removed

## *Scallops*

- 2 ounces** prosciutto, sliced thin
- 12** U10 sea scallops, trimmed
- 2 teaspoons** canola oil
- 2 cups** spring onions, cut in half lengthways, then sliced to form half moons
- 1 tablespoon** extra virgin olive oil
- 1 cup** cooked quinoa
- 2 tablespoons** sherry vinegar
- 1 ounce** toasted almonds, chopped
- 1 ounce** salad greens

Prepare Almond Gazpacho by combining grapes, soaked almonds, liquor, garlic, and cucumber in blender; puree until smooth. With motor running, gradually add olive oil. Blend in sherry vinegar and salt. Strain gazpacho through a chinois or fine sieve. Set aside.

Preheat oven to 350°F.

Wrap one piece of prosciutto around outside of each scallop. Warm a medium-sized oven-proof sauté pan over medium high heat; add canola oil. Add spring onions to oil and sauté, stirring gently, until onions are tender. Remove onions from pan, place on plate and refrigerate to stop the cooking.

Return pan to high heat; add olive oil and scallops. Sear scallops quickly on each side. Remove from stove top heat,

place pan in oven and cook to desired doneness, about 5-7 minutes.

While scallops are cooking, combine cooled onions with cooked quinoa. Add sherry vinegar and stir well.

To serve, place a mound of the onion mixture in the center of each bowl. Pour gazpacho around and then place the scallops on top of the onions. Sprinkle with chopped almonds. Serve with dinner rolls or preferred bread and seasonal vegetable.

*Per serving: 580 calories, 31g fat, 13g monounsaturated fat, 6g polyunsaturated fat, 4g saturated fat, 55g carbohydrate, 23g protein, 8g fiber, 940mg sodium, 4% DV of vitamin D, 15% DV of calcium, 25% DV of iron and 15% DV of potassium.*





# Walnut-Nettle Pesto Cavatelli

with Wild Mushroom Broth and Beans

Ken Frank, *La Toque, Napa, California*

La Toque, **Chef Ken Frank's** landmark Napa Valley restaurant, is the proud recipient of both a Michelin Star and The Grand Award from *Wine Spectator* magazine. The menu evolves constantly to show off each season's finest ingredients and creates dishes that harmonize with great wine.

— Serves 6

## Pasta

**1 pound** fresh cavatelli or other pasta, or 1 pound package dried pasta

**¼ cup** butter

**4 ounces** sliced mushrooms

**½ head** of radicchio, sliced thinly

**1 cup** mushroom or vegetable stock

**½ cup** Nettle and Walnut Pesto (recipe follows)

**Shredded** Parmigiano, to serve

## Nettle and Walnut Pesto Sauce

**1 pound** stinging nettles (can substitute dandelion or basil), stems trimmed

**½ cup** finely shredded Parmigiano cheese

**¾ cup** toasted walnuts, chopped

**2 cloves** garlic, shaved with a microplane

**Grated** zest of one lemon

**½ cup** extra virgin olive oil

Prepare Nettle and Walnut Pesto Sauce by placing nettles in medium size sauce pan of boiling water for 30 seconds, then add quickly to bowl of ice water to stop cooking. Drain well and chop. In the bowl of a food processor, combine nettles, cheese, walnuts, garlic slices and lemon zest. Process until nearly smooth. With motor running, slowly add olive oil. Set aside.

Cook pasta according to package directions.

While pasta is cooking, melt butter in a large saucepan over medium heat. Add mushrooms and sauté 1-2 minutes. Add radicchio and sauté briefly; add stock to pan. Simmer sauce over low heat about 3 minutes to reduce slightly.

When pasta is nearly done, drain well and add to sauce in pan, tossing and stirring to coat well. Simmer gently until pasta is completely cooked and sauce is reduced and coats nicely. Add pesto; toss well to combine. Top with freshly grated Parmigiano cheese.

*Per serving: 460 calories, 17g fat, 6g monounsaturated fat, 3.5g polyunsaturated fat, 7g saturated fat, 61g carbohydrate, 14g protein, 5g fiber, 150mg sodium, 2% DV of vitamin D, 15% DV of calcium, 15% DV of iron and 8% DV of potassium.*



# Rosemary Hazelnut Crackers

Ethan Howard, *Murray Circle Restaurant,  
Cavallo Point Lodge, Sausalito, California*

Murray Circle at Cavallo Point is one of the Bay Area's top culinary destinations. **Chef Ethan Howard** highlights refined modern Northern California cuisine, anchored to Marin roots, using the freshest local ingredients.

— *Makes about 40 crackers* —

<b>2 cups</b> all-purpose flour	<b>2 teaspoons</b> chopped dried rosemary
<b>½ cup</b> semolina flour	<b>1 cup</b> low fat milk
<b>¾ cup</b> whole wheat flour	<b>⅓ cup</b> olive oil
<b>2 teaspoons</b> salt	<b>1 teaspoon</b> sea salt
<b>1½ tablespoons</b> granulated sugar	
<b>¾ cup</b> ground hazelnuts	

Preheat oven to 325°F. Lightly coat three cookie sheets with cooking spray or butter; top with parchment paper. Set aside.

In medium bowl, combine flours, salt, sugar, hazelnuts and rosemary. Transfer mixture to food processor.

Using paddle attachment on slow speed, gradually add milk in three intervals, mixing well in between each addition. Slowly add olive oil. Continue mixing about 5 minutes more, or until dough begins to clump. If mixture appears too dry, add a slow drizzle of milk.

Divide dough into three equal portions. Place one portion on one end of each cookie sheet; cover with parchment paper. Using a rolling pin, roll out the dough until it is as thin as

possible. Remove the top layer of parchment. Using kitchen knife, cut dough into cracker-sized squares or rectangles.

Sprinkle sea salt on crackers. Place in oven and bake 7 minutes. Remove pans from oven, turn 180°F and continue baking another 10-15 minutes, or until golden brown. Remove pans and set on wire cooling racks. Cool completely before transferring to sealed container. Store in a cool, dry place for up to one month.

*Per serving (cracker): 70 calories,  
3.5g fat, 2.5g monounsaturated fat,  
0.5g polyunsaturated fat, 0.5g saturated  
fat, 9g carbohydrate, 2g protein, 1g fiber,  
180mg sodium, 2% DV of vitamin D,  
2% DV of calcium, 4% DV of iron and  
2% DV of potassium.*



# Big-Eye Tuna Poke

with Macadamia Nuts, Seaweed and Soy-Pickled Jalapenos

Chef Chung Chow, *noreetuh*, New York, New York

noreetuh means “playground” in Korean. It’s the perfect name for **Chef Chung Chow’s** modern, casual Hawaiian restaurant located in the East Village of New York City, where guests enjoy artfully crafted food and an approachable wine list.

— Serves 4 —

**1 pound** sushi grade Big-Eye tuna loin  
**½ cup** dried seaweed (such as ogo and/or tosaka), rehydrated 10 minutes in cold water  
**½** small red onion, thinly sliced and soaked in ice water 10 minutes  
**1** scallion, thinly sliced on the bias  
**¼ cup** macadamia nuts, roughly chopped  
**Toasted** white sesame seeds, to taste  
**½ teaspoon** sea salt

## *Soy-Pickled Jalapeno Peppers*

**1/2 pound** jalapeno peppers, stems trimmed  
**1 bottle** distilled white vinegar  
**1 cup** soy sauce

## *Dressing*

**2 tablespoons** soy sauce  
**1½ tablespoons** rice vinegar  
**1 teaspoon** tobanjan\*  
**1 tablespoon** canola oil  
**1 teaspoon** sesame oil

Prepare soy-pickled jalapeno peppers by placing peppers in a wide mouth container or large bowl. Add enough vinegar to cover peppers. Add soy sauce. Drain and reserve liquid. Place liquid mixture in small sauce pan and bring to boil over medium heat. Pour over peppers. Cool to room temperature. Refrigerate until ready to serve.

Make dressing by combining soy sauce, rice wine vinegar and tobanjan in small bowl. Gently whisk in canola oil and sesame oil. Set aside.

Cut tuna loin into half-inch cubes. Season with the reserved dressing. Add rehydrated seaweed, drained sliced red onion, scallion, 8-10 slices of soy-pickled jalapeno, macadamia nuts and sesame seeds. Toss gently to combine. Garnish with additional sesame seeds, scallions and sea salt.

\*Tobanjan is a spicy miso sauce found in Asian specialty stores and some supermarkets. If you can’t find it, you can use Korean Chile Paste, Gochujang, or simply omit.

*Per serving: 250 calories, 12g fat, 3g monounsaturated fat, 2g polyunsaturated fat, 1.5g saturated fat, 6g carbohydrate, 30g protein, 2g fiber, 880mg sodium, 20% DV of vitamin D, 2% DV of calcium, 15% DV of iron and 15% DV of potassium.*



# Pistachio Ribbe Meatballs

Hiro Sone, Terra Restaurant, St. Helena, California

**Chef-owner Hiro Sone** wows patrons with his cross-cultural menus, presented in an enchantingly rustic retreat that suggests Tuscany.

— *Makes 25 meatballs*

**3 tablespoons** toasted bulgur or cracked wheat

**1 pound** lean ground lamb

**3 tablespoons** chopped toasted pistachios

**2 tablespoons** grated onion

**¼ teaspoon** cinnamon

**⅛ teaspoon** allspice

**1 tablespoon** Kosher salt

**2 tablespoons** ice water

**3 cups** non-fat Greek yogurt

**2 tablespoons** Za'atar\*

**10** mint sprigs

**3 tablespoons** chopped, toasted pistachios

Soak the bulgar or cracked wheat in 2 cups warm water for 30 minutes. Drain excess water. Set aside. Line two sheet pans with parchment paper.

Pre-heat oven to 500°F. In food processor or large bowl of mixer, combine ground lamb, pistachios, onion, cinnamon, allspice, salt and cracked wheat. Using paddle attachment, mix ingredients well. While motor is running, slowly add ice water.

Roll meat mixture into small meat balls, about 2 inches each.

Place meat balls on prepared pans; place in oven and bake 3 minutes. Reduce oven heat to 300°F; cook for another 3 - 5 minutes until done.

Smear yogurt over bottom of serving platter. Top with meat balls. Sprinkle with Za'atar and garnish with mint between the balls. Top with chopped pistachios.

\*Za'atar is a Middle Eastern spice mix you can find in good supermarkets and spice shops.

*Per serving (meatball): 50 calories, 1.5g fat, 1g monounsaturated fat, 0.5g polyunsaturated fat, 0.5g saturated fat, 3g carbohydrate, 6g protein, 0g fiber, 250mg sodium, 0% DV of vitamin D, 2% DV of calcium, 2% DV of iron and 0% DV of potassium.*





# Cashew and Berry Mille Feuille

Sally James, *Slow Living Radio*,  
Yountville, California

**Sally James** is an award-winning Australian author, educator, chef, television presenter and radio host whose books and recipes have won international acclaim for food and wine pairing, health and creativity. Sally is the author of eighteen cookbooks and is the host of *Slow Living Radio*.

— Serves 4 —

## Pastry

**½ teaspoon** ground cinnamon

**½ teaspoon** ground cardamom

**½ teaspoon** ground allspice

**1 tablespoon** sugar

**6** sheets filo pastry

**2 tablespoons** melted butter

**¼ cup** finely chopped cashews,  
unsalted and unroasted

## To serve

**1 cup** non-fat Greek yogurt

**3 tablespoons** honey

**1 ½ cups** mixed berries of  
choice (or other fruit)

A few honey roasted cashews  
(recipe follows)

**1-2 teaspoons** powdered sugar

Preheat oven to 350°F. Spray baking sheet with non-stick spray and cover with parchment paper. In small bowl, combine cinnamon, cardamom, allspice and sugar. Set aside.

On clean, dry work surface, place 2 sheets of filo pastry. Brush lightly with melted butter; top with another two sheets filo pastry and brush again with melted butter. Sprinkle evenly with half of the cashews and spice mixture. Lay another 2 sheets filo pastry on top, brushing again with melted butter. Sprinkle top with remaining cashews and spice mixture. Cut stack into 12 triangles and place on prepared baking sheet.

Place in oven; bake 8-10 minutes or until golden brown. Remove from oven and transfer to wire

rack to cool. Pastry may be prepared up to a week before use, sealed and stored in a cool, dark place.

To serve, combine yogurt and honey in medium bowl. Whisk together to blend well. Place a filo triangle on serving plate, top with spoonful of whipped yogurt, fresh berries and honey roasted cashews. Repeat, topping with last triangle. Dust Mille Feuille with powdered sugar.

## Honey Roasted Cashews:

Place ½ cup cashews in a small pan. Add one tablespoon honey, and cook over low heat, stirring to coat. Drain excess honey. Place nuts on parchment-lined baking tray. Bake 3-4 minutes at 350°F or until golden brown and caramelized. Retain extra nuts for separate use.

*Per serving: 340 calories, 14g fat, 6.5g monounsaturated fat, 2g polyunsaturated fat, 5g saturated fat, 47g carbohydrate, 10g protein, 2g fiber, 210mg sodium, 2% DV of vitamin D, 6% DV of calcium, 10% DV of iron and 6% DV of potassium.*

# NUTRIENTS IN 1 OUNCE OF TREE NUTS<sup>1</sup>

Nutrients	Units	Almonds	Brazils	Cashews	Hazelnuts	Macadamias	Pecans	Pine nuts <sup>2</sup>	Pistachios	Walnuts
	# of kernels/oz	23	6	18	21	10 - 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)

Nutrients	Units	Almonds	Brazils	Cashews	Hazelnuts	Macadamias	Pecans	Pine nuts <sup>2</sup>	Pistachios	Walnuts
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)
<b>Carotenoids</b>										
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)
<b>Vitamin E</b>	(%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. <sup>1</sup>All of the nuts are unsalted; almonds, Brazil nuts, hazelnuts, pecans, pine nuts and walnuts are unroasted; cashews, macadamias and pistachios are dry roasted. <sup>2</sup>Pignolia variety.

Prepared by the International Tree Nut Council Nutrition Research & Education Foundation, 9/16. For more information please visit our website at [www.nuthealth.org](http://www.nuthealth.org).

# Tips — for — *Buying and Storing*

- When buying whole, unshelled nuts, be sure to look for clean shells without cracks. The exception is pistachios, which are usually sold in a semi-open shell.
- Whole, raw shelled nuts should appear fairly uniform in color and size.
- To keep tree nuts as fresh as possible, store them in an air-tight container in the refrigerator for up to six months, or up to a year in the freezer.

The International Tree Nut Council Nutrition Research & Education Foundation (INC NREF), a nonprofit organization, represents nine tree nuts: almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios and walnuts. For more information on tree nuts and health, please visit our website at...

