

Nutrients and % DV in 1 1/2 Ounces of Tree Nuts¹

Nutrient	Units	Almonds	Brazils	Cashews	Hazelnuts	Macadamias	Pecans	Pine nuts ²	Pistachios	Walnuts
	# of kernels/oz	32-36	9 to 12	21 to 26	27 to 31	16 to 18	28 halves	235 to 250	68 to 73	21 halves
Calories	Calories (%DV)*	250 (12)	280 (15)	240 (12)	270 (15)	310 (15)	290 (15)	290 (15)	240 (10)	280 (10)
Protein	g** (%DV)	9	6	7	6	3	4	6	9	6
Total Fat	g (%DV)	21 (25)	29 (35)	20 (25)	26 (35)	32 (40)	31 (40)	29 (35)	19 (25)	28 (35)
Saturated Fat	g	1.5 (8)	7 (35)	4 (20)	2 (10)	5 (25)	3 (15)	2 (10)	2.5 (10)	2.5 (10)
Monounsaturated Fat	g	13	10	12	19	20	17	8	10	4
Polyunsaturated Fat	g	5	10	3.5	3.5	0.5	9	14	6	20
Linoleic acid (18:2)	g	5	10	3	3.5	0.5	9	14	6	16
Linolenic acid (18:3)	g	0	0	0	0	0	0.5	0	0	4
Cholesterol	mg*** (%DV)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)
Carbohydrate	g (%DV)	9 (4)	5 (2)	14 (6)	7 (2)	6 (2)	6 (2)	6 (2)	12 (4)	6 (2)
Fiber	g (%DV)	5 (20)	3 (10)	1 (4)	4 (15)	3 (10)	4 (15)	1.5 (6)	4 (15)	3 (10)
Calcium	mg (%DV)	114 (8)	68 (6)	20 (2)	48 (4)	30 (2)	30 (2)	7 (0)	45 (4)	42 (4)
Iron	mg (%DV)	1.58 (8)	1.03 (6)	2.55 (15)	2 (10)	1.13 (6)	1.08 (6)	2.35 (10)	1.71 (10)	1.24 (6)
Magnesium	mg (%DV)	115 (25)	160 (40)	111 (25)	69 (15)	50 (10)	51 (12)	106 (25)	46 (10)	67 (15)
Phosphorus	mg (%DV)	204 (15)	309 (25)	208 (15)	123 (10)	84 (6)	118 (10)	244 (20)	199 (15)	147 (10)
Potassium	mg (%DV)	310 (6)	280 (6)	240 (6)	240 (6)	150 (4)	170 (4)	250 (6)	430 (10)	190 (4)
Sodium	mg (%DV)	0 (0)	1.5 (0)	7.1 (0)	0 (0)	0.7 (0)	0 (0)	1.0 (0)	3.0 (0)	0.8 (0)
Zinc	mg (%DV)	1.33 (10)	1.73 (15)	2.38 (20)	1.04 (10)	0.55 (6)	1.92 (15)	2.74 (25)	0.99 (10)	1.31 (10)
Copper	mg (%DV)	0.48 (45)	0.74 (80)	0.94 (100)	0.73 (80)	0.24 (25)	0.51 (60)	0.56 (60)	0.55 (60)	0.67 (75)
Manganese	mg (%DV)	0.93 (40)	0.52 (20)	0.35 (15)	2.6 (110)	1.29 (60)	1.92 (80)	3.75 (160)	0.53 (25)	1.45 (60)
Selenium	mcg **** (%DV)	1.7 (4)	814.5 (1,480)	5.0 (8)	1.0 (2)	5.0 (10)	1.6 (2)	0.3 (0)	4.3 (8)	2.1 (4)
Vitamin C	mg (%DV)	0 (0)	0.3 (0)	0 (0)	2.7 (2)	0.3 (0)	0.5 (0)	0.3 (0)	1.3 (2)	0.6 (0)
Thiamin	mg (%DV)	0.09 (8)	0.26 (20)	0.09 (8)	0.27 (20)	0.3 (25)	0.28 (20)	0.15 (10)	0.29 (25)	0.15 (10)
Riboflavin	mg (%DV)	0.48 (40)	0.01 (0)	0.09 (6)	0.05 (4)	0.04 (2)	0.05 (4)	0.10 (8)	0.10 (8)	0.06 (4)
Niacin	mg NE (%DV)	1.54 (10)	0.13 (0)	0.6 (4)	0.76 (4)	0.97 (6)	0.5 (4)	1.87 (10)	0.58 (4)	0.48 (2)
Pantothenic acid	mg (%DV)	0.20 (4)	0.08 (2)	0.52 (10)	0.39 (8)	0.26 (6)	0.37 (8)	0.13 (2)	0.22 (4)	0.24 (4)
Vitamin B6	mg (%DV)	0.06 (4)	0.04 (2)	0.11 (6)	0.24 (15)	0.15 (8)	0.09 (6)	0.04 (2)	0.48 (30)	0.23 (10)
Folate	mcg DFE (%DV)	19 (4)	9 (2)	29 (8)	48 (10)	4 (2)	9 (2)	15 (4)	22 (6)	42 (10)
Choline, total	mg (%DV)	22.2 (4)	12.2 (2)	25.9 (4)	19.3 (4)	18.9 (4)	17.3 (4)	23.7 (4)	30.3 (6)	16.6 (2)
Betaine	mg	0.21	0.2	n/a	0.1	0.13	0.3	0.17	0.34	0.13
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)	0 (0)	0 (0)	0 (0)	2.7 (0)	0 (0)	1.3 (0)	0.5 (0)	5.5 (0)	0.43 (0)
Carotenoids										
Carotene, beta	mcg	0	0	0	4.5	0	12	7	67.6	5.1
Carotene, alpha	mcg	0	0	0	1.5	0	0	0	0	0
Cryptoxanthin, beta	mcg	0	0	0	0	0	4	0	0	0
Lutein + zeaxanthin	mcg	0	0	10	39	0	7	4	493	3.8
Vitamin K	mcg	0 (0)	0 (0)	14.7 (12)	6 (4)	0 (0)	1.5 (2)	22.9 (20)	5.6 (4)	1.1 (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)	(70)	(15)	(2)	(45)	(2)	(4)	(25)	(6)	(2)
Tocopherol, alpha	mg	10.91	2.4	0.39	6.39	0.24	0.6	3.96	0.92	0.3
Tocopherol, beta	mg	0.1	0	n/a	0.13	0	0.16	0	0.06	0.06
Tocopherol, gamma	mg	0.27	4.06	n/a	0	0	10.39	4.74	9.96	8.86
Tocopherol, delta	mg	0.03	0.27	n/a	0	0	0.19	0	0.23	0.8

Source: USDA, ARS. FoodData Central, 2019. (fdc.nal.usda.gov.) Daily Values (DVs) based on the 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.

[Prepared by the International Tree Nut Council Nutrition Research & Education Foundation, 9/19.](#)

For more information please visit our website at www.nuthealth.org.