

*Nutritional Comparison of Nuts and Peanuts
1 Ounce*

Nutrient	Units	Hazelnuts	Almonds	Brazils	Cashews	Macadamias	Peanuts	Pecans	Pine nuts	Pistachios	Walnuts
	# of kernels/oz	21	23	6-8	18	10-12		20 halves	167	49	14 halves
Calories	kcal	178	163	186	163	204	161	196	191	162	185
Protein	g*	4.24	6.02	4.06	4.34	2.21	7.31	2.6	3.88	6.05	4.32
Total Fat	g	17.22	14.01	18.83	13.14	21.57	13.96	20.4	19.38	13.03	18.49
Saturated Fat	g	1.266	1.058	4.291	2.596	3.387	1.937	1.752	1.389	1.575	1.737
Monounsaturated Fat	g	12.942	8.757	6.959	7.744	16.804	6.926	11.567	5.32	6.865	2.533
Polyunsaturated Fat	g	2.245	3.463	5.824	2.222	0.425	4.411	6.128	9.659	3.94	13.374
Cholesterol	mg**	0	0	0	0	0	0	0	0	0	0
Carbohydrate	g	4.73	5.6	3.48	9.27	3.79	4.57	3.93	3.71	7.84	3.89
Fiber	g	2.7	3.422	2.1	0.9	2.3	2.4	2.7	1	2.9	1.9
Calcium	mg	32	75	45	13	20	26	20	5	31	28
Iron	mg	1.33	1.05	0.69	1.7	0.75	1.3	0.72	1.57	1.19	0.82
Magnesium	mg	46	76	107	74	33	48	34	71	34	45
Phosphorus	mg	82	137	206	139	56	107	79	163	137	98
Potassium	mg	193	200	187	160	103	200	116	169	295	125
Zinc	mg	0.69	0.87	1.15	1.59	0.37	0.93	1.28	1.83	0.65	0.88
Copper	mg	0.489	0.282	0.494	0.629	0.162	0.324	0.34	0.375	0.376	0.45
Manganese	mg	1.751	0.648	0.347	0.234	0.861	0.548	1.276	2.495	0.361	0.968
Thiamin	mg	0.182	0.06	0.175	0.057	0.201	0.181	0.187	0.103	0.238	0.097
Riboflavin	mg	0.032	0.287	0.01	0.057	0.025	0.038	0.037	0.064	0.045	0.043
Niacin	mg	0.510	0.96	0.084	0.397	0.645	3.421	0.331	1.244	0.404	0.319
Pantothenic acid	mg	0.26	0.133	0.052	0.345	0.171	0.501	0.254	0.089	0.145	0.162
Vitamin B6	mg	0.16	0.041	0.029	0.073	0.102	0.099	0.06	0.027	0.361	0.152
Folate	mcg	32	14	6	20	3	68	6	10	14	28
Arginine	g	0.627	0.693	0.609	0.494	0.391	0.875	0.334	0.684	0.598	0.646
Vitamin K	mcg	4	0	0	9.8	0	0	1	15.3	3.7	0.8
Vitamin E	mg	4.26	7.43	1.62	0.26	0.16	2.36	0.4	2.65	0.55	0.2
Total Phytosterols	mg	27	31	n/a	45	32	62	29	40	61	20

Source: USDA National Nutrient Database for Standard Reference, Release 20, 2007.

*g = gram; **mg = milligram;

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