

Nutrients in 100g of Tree Nuts^Δ

NUTRIENT	UNITS	ALMONDS	CASHEWS [†]	HAZELNUTS	MACADAMIAS	PECANS	PISTACHIOS	WALNUTS
CALORIES	kcal	578	574	628	716	691	567	654
PROTEIN	g*	21	15	15	8	9	21	15
TOTAL FAT	g	51	46	61	76	72	46	65
CARBOHYDRATE	g	20	33	17	13	14	27	14
FIBER	g	12	3	10	8	10	10	7
SUGARS	g	5	NA	4	4	4	8	3
CALCIUM	mg**	248	45	114	70	70	108	104
IRON	mg	4	6	5	3	3	4	3
MAGNESIUM	mg	275	260	163	118	121	120	158
PHOSPHORUS	mg	474	490	290	198	277	485	346
POTASSIUM	mg	728	565	680	363	410	1033	441
SODIUM	mg	1	16	0	5	0	1	2
ZINC	mg	3	6	2	1	5	2	3
COPPER	mg	1	2	2	1	1	1	2
MANGANESE	mg	3	1	6	3	4	1	3
SELENIUM	mcg***	8	12	4	4	6	8	5
VITAMIN C	mg	0	0	6	1	1	2	1
THIAMIN	mg	0.2	0.2	0.6	0.7	0.7	0.8	0.3
RIBOFLAVIN	mg	0.8	0.2	0.1	0.1	0.1	0.1	0.1
NIACIN	mg	4	1	2	2	1	1	2
PANTOTHENIC ACID	mg	0	1	1	1	1	1	1
VITAMIN B6	mg	0.1	0.3	0.6	0.4	0.2	1.7	0.5
FOLATE	mcg	29	69	113	10	22	50	98
VITAMIN B12	mcg	0	0	0	0	0	0	0
VITAMIN A	IU****	10	0	40	0	77	533	41
VITAMIN A	mcg RE*****	1	0	4	0	8	64	4
VITAMIN E	mg ATE	26	1	15	1	4	4	3
CHOLESTEROL	mg	0	0	0	0	0	0	0
SATURATED FAT	g	4	9	4	12	6	4	6
MONOUNSATURATED FAT	g	32	27	46	59	41	25	9
POLYUNSATURATED FAT	g	12	8	8	1	22	14	47
LINOLEIC ACID (18:2)	g	12	8	8	1	21	14	38
LINOLENIC ACID (18:3)	g	0	0	0	0	1	0	9
PHYTOSTEROLS	mg	120	158	96	114	102	214	72
AMINO ACIDS								
TRYPTOPHAN	g	0.19	0.24	0.19	0.07	0.09	0.29	0.17
THREONINE	g	0.68	0.59	0.50	0.36	0.31	0.71	0.60
ISOLEUCINE	g	0.69	0.73	0.55	0.31	0.34	0.94	0.63
LEUCINE	g	1.47	1.28	1.06	0.59	0.60	1.63	1.17
LYSINE	g	0.60	0.82	0.42	0.02	0.29	1.21	0.42
METHIONINE	g	0.19	0.27	0.22	0.02	0.18	0.35	0.24
CYSTINE	g	0.28	0.28	0.28	0	0.15	0.38	0.21
PHENYLALANINE	g	1.15	0.79	0.66	0.65	0.43	1.11	0.71
TYROSINE	g	0.53	0.49	0.36	0.50	0.22	0.44	0.41
VALINE	g	0.80	1.04	0.70	0.36	0.41	1.30	0.75
ARGININE	g	2.47	1.74	2.21	1.38	1.18	2.13	2.28
HISTIDINE	g	0.59	0.40	0.43	0.19	0.26	0.53	0.39
ALANINE	g	1.00	0.70	0.73	0.38	0.40	0.97	0.70
ASPARTIC ACID	g	2.73	1.50	1.68	1.08	0.93	1.90	1.83
GLUTAMIC ACID	g	5.17	3.62	3.71	2.23	1.83	4.00	2.82
GLYCINE	g	1.47	0.80	0.72	0.45	0.45	1.00	0.82
PROLINE	g	0.97	0.69	0.56	0.46	0.36	0.85	0.71
SERINE	g	1.00	0.85	0.74	0.41	0.47	1.28	0.93

*g = gram

**mg = milligram

***mcg = microgram

****IU = International Units

*****RE = Retinol Equivalents

^ΔAll tree nuts are unsalted.

[†]Cashew data from the USDA Nutrient Database for Standard Reference, Release 12 (March 1998). All other data from the USDA Nutrient Database for Standard Reference, Release 13 (Fall 1999).