



## Nutrients in 100 gr of Nuts and Dried Fruits

	Units	Almonds	Brazil Nuts	Cashews	Hazelnuts	Macadamias	Pecans	Pine Nuts	Pistachios	Walnuts	Peanuts	Dates	Dried Apricots	Dried Figs	Prunes	Raisins
<b>Proximates</b>																
Calories	kcal	575	656	574	628	718	691	673	567	654	585	282	241	249	240	302
Proteins	g	21,22	14,32	15,31	14,95	7,79	9,17	13,69	20,95	15,23	23,68	2,45	3,39	3,30	2,18	3,39
Carbohydrates	g	21,67	12,27	32,69	16,70	13,38	13,86	13,08	29,38	13,71	21,51	75,03	62,64	63,87	63,88	79,52
Fibers	g	12,2	7,5	3,0	9,7	8,0	9,6	3,7	9,9	6,7	8,0	8,0	7,3	9,8	7,1	4,0
<b>Lipids</b>																
Total fat	g	49,42	66,43	46,35	60,75	76,08	71,97	68,37	44,82	65,21	49,66	0,39	0,51	0,93	0,38	0,46
Saturated fats	g	3,731	15,137	9,157	4,464	11,948	6,180	4,899	5,456	6,126	6,893	0,032	0,017	0,144	0,088	0,151
Monounsaturated fats	g	30,889	24,548	27,317	45,652	59,275	40,801	18,764	23,676	8,933	24,640	0,036	0,074	0,159	0,053	0,019
Polyunsaturated fats	g	12,07	20,577	7,836	7,920	1,499	21,614	34,071	13,448	47,174	15,694	0,019	0,074	0,345	0,062	0,135
Cholesterol	mg	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>Minerals</b>																
Calcium	mg	264	160	45	114	70	70	16	107	98	54	39	55	162	43	53
Iron	mg	3,72	2,43	6,00	4,70	2,65	2,53	5,53	4,03	2,91	2,26	1,02	2,66	2,03	0,93	1,79
Magnesium	mg	268	376	260	163	118	121	251	109	158	176	43	32	68	41	35
Phosphorus	mg	484	725	490	290	198	277	575	469	346	358	62	71	67	69	115
Potassium	mg	705	659	565	680	363	410	597	1077	441	658	656	1162	680	732	746
Sodium	mg	1	3	16	0	4	0	2	6	2	6	2	10	10	2	12
Selenium	mcg	2,5	1917	11,7	2,4	11,7	3,8	0,7	10	4,9	7,5	3	2,2	0,6	0,3	0,7
<b>Vitamins</b>																
Vitamin A	IU	1	0	0	20	0	56	29	259	20	0	10	3604	10	781	0
Vitamin B6	mg	0,143	0,101	0,256	0,563	0,359	0,210	0,094	1,122	0,537	0,256	0,165	0,143	0,106	0,205	0,323
Vitamin C	mg	0	0,7	0	6,3	0,7	1,1	0,8	3,0	1,3	0	0,4	1,0	1,2	0,6	3,2
Vitamin E	mg	26,22	5,73	0,92	15,03	0,57	1,40	9,33	2,42	0,70	6,93	0,05	4,33	0,35	0,43	0,12
Vitamin K	mcg	0	0	34,7	14,2	0	3,5	53,9	13,2	2,7	0	2,7	3,1	15,6	59,5	3,5
Carotene, beta	mcg	1	0	0	11	0	29	17	156	12	0	6	2163	6	394	0
Carotene, alpha	mcg	0	0	0	3	0	0	0	0	0	0	0	0	0	57	0
Cryptoxanthin, beta	mcg	0	0	0	0	0	9	0	0	0	0	0	0	0	93	0
Lutein + zeaxanthin	mcg	1	0	23	92	0	17	9	1205	9	0	75	0	32	148	0

Source: USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Almonds, hazelnuts, pecans and walnuts are unroasted. Cashews, macadamias, pistachios and peanuts are dry roasted without salt. Brazil nuts are dried, unblanched. Pine nuts (*Pinus spp.*) are dried.

Dates are Deglet noor. Apricots are dried, sulfured, uncooked. Figs are dried, uncooked. Prunes are uncooked. Raisins are Golden seedless.

g = gram; mg = milligram; mcg = microgram; IU = International Units

Prepared by the INC, International Nut and Dried Fruit Foundation, october 2011

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## Nutrients in 1 Ounce of Nuts and Dried Fruits

	Units	Almonds	Brazil Nuts	Cashews	Hazelnuts	Macadamias	Pecans	Pine Nuts	Pistachios	Walnuts	Peanuts	Dates	Dried Apricots	Dried Figs	Prunes	Raisins
<b>Proximates</b>																
Calories	kcal	163	186	163	178	204	196	191	161	185	166	79.95	68.33	70.59	68.04	85.62
Proteins	g	6.02	4.06	4.34	4.24	2.21	2.60	3.88	5.94	4.32	6.71	0.69	0.96	0.93	0.61	0.96
Carbohydrates	g	6.14	3.48	9.27	4.73	3.79	3.93	3.71	8.33	3.89	6.10	21.27	17.76	18.1	18.11	22.54
Fibers	g	3.5	2.1	0.9	2.7	2.3	2.7	1.0	2.8	1.9	2.3	2.3	2.07	2.77	2.01	1.13
<b>Lipids</b>																
Total fat	g	14.01	18.83	13.14	17.22	21.57	20.40	19.38	12.71	18.49	14.08	0.11	0.144	0.26	0.1	0.13
Saturated fats	g	1.058	4.291	2.596	1.266	3.386	1.752	1.389	1.547	1.737	1.954	0.009	0.004	0.04	0.02	0.04
Monounsaturated fats	g	8.757	6.959	7.744	12.942	16.805	11.567	5.320	6.712	2.533	6.985	0.01	0.02	0.04	0.02	0.005
Polyunsaturated fats	g	3.422	5.834	2.222	2.245	0.425	6.128	9.659	3.813	13.374	4.449	0.005	0.02	0.09	0.02	0.03
Cholesterol	mg	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>Minerals</b>																
Calcium	mg	75	45	13	32	20	20	5	30	28	15	11.05	15.59	45.93	12.19	15.02
Iron	mg	1.05	0.69	1.70	1.33	0.75	0.72	1.57	1.14	0.82	0.64	0.28	0.75	0.575	0.26	0.507
Magnesium	mg	76	107	74	46	33	34	71	31	45	50	12.19	9.07	19.28	11.62	9.92
Phosphorus	mg	137	206	139	82	56	79	163	133	98	101	17.57	20.13	18.995	19.56	32.6
Potassium	mg	200	187	160	193	103	116	169	285	125	187	185.99	329.45	192.78	207.52	211.50
Sodium	mg	0	1	5	0	1	0	1	2	1	2	0.56	2.83	2.84	0.57	3.4
Selenium	mcg	0.7	543.5	3.3	0.7	3.3	1.1	0.2	2.8	1.4	2.1	0.85	0.62	0.17	0.09	0.20
<b>Vitamins</b>																
Vitamin A	IU	0	0	0	6	0	16	8	73	6	0	2.83	1021.73	2.84	221.41	0
Vitamin B6	mg	0.041	0.029	0.073	0.160	0.102	0.060	0.027	0.318	0.152	0.073	0.047	0.04	0.03	0.06	0.09
Vitamin C	mg	0.0	0.2	0	1.8	0.2	0.3	0.2	0.9	0.4	0	0.113	0.28	0.34	0.17	0.9
Vitamin E	mg	7.43	1.62	0.26	4.26	0.16	0.40	2.65	0.69	0.20	1.96	0.014	1.23	0.09	0.12	0.03
Vitamin K	mcg	0	0	9.8	4.0	0	1.0	15.3	3.7	0.8	0	0.765	0.88	4.42	16.87	0.99
Carotene, beta	mcg	0	0	0	3	0	8	5	44	3	0	1.7	613.21	1.7	111.7	0
Carotene, alpha	mcg	0	0	0	1	0	0	0	0	0	0	0	0	0	16.16	0
Cryptoxanthin, beta	mcg	0	0	0	0	0	3	0	0	0	0	0	0	0	26.37	0
Lutein + zeaxanthin	mcg	0	0	7	26	0	5	3	329	3	0	21.26	0	9.07	41.96	0

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