



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
Proximates																
Calories	kcal	575	656	574	628	718	691	673	571	654	585	282	241	249	240	302
Proteins	g	21,22	14,32	15,31	14,95	7,79	9,17	13,69	21,35	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	28,00	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	10,0	6,7	8,0	8,0	7,3	9,8	7,1	4,0
Lipids																
Total fat	g	49,42	66,43	46,35	60,75	76,08	71,97	68,37	45,97	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	11,947	6,180	4,899	5,555	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	24,216	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	1,498	21,614	34,071	13,899	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
Minerals																
Calcium	mg	264	160	45	114	70	70	16	110	98	54	39	55	162	43	53
Iron	mg	3,72	2,43	6,00	4,70	2,65	2,53	5,53	4,20	2,91	2,26	1,02	2,66	2,03	0,93	1,79
Magnesium	mg	268	376	260	163	118	121	251	120	158	176	43	32	68	41	35
Phosphorus	mg	484	725	490	290	198	277	575	485	346	358	62	71	67	69	115
Potassium	mg	705	659	565	680	363	410	597	1042	441	658	656	1162	680	732	746
Sodium	mg	1	3	16	0	4	0	2	10	2	6	2	10	10	2	12
Selenium	mcg	2,5	1917	12	2,4	11,7	3,8	0,7	9,3	4,9	7,5	3	2,2	0,6	0,3	0,7
Vitamins																
Vitamin A	IU	1	0	0	20	0	56	29	262	20	0	10	3604	10	781	0
Vitamin B6	mg	0,143	0,101	0,256	0,563	0,359	0,210	0,094	1,274	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	2,3	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	1,93	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	157	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 22 (2009).

Almonds, hazelnuts, pecans and walnuts are unroasted. Cashews, macadamias, pistachios and peanuts are dry roasted. Brazil nuts are dried, unblanched. Pine nuts (*Pinus pinea* and *Pinus Koraiensis*) 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, December 2009.

For more information, please visit our website at www.nutfruit.org

