

NUTRIENT COMPARISON CHART FOR TREE NUTS

You may know how to measure the perfect one-ounce portion of almonds, but did you know those 23 almonds come packed with nutrients? When compared ounce for ounce, almonds are the tree nut highest in vitamin E and riboflavin. They are also among the nuts lowest in calories and saturated fat and offer 4 grams of fiber in every healthy handful. The following chart shows how almonds measure up against other tree nuts.



Based on a one-ounce (28g) portion ¹	ALMOND	BRAZIL NUT	CASHEW	HAZELNUT	MACADAMIA NUT	PECAN	PINE NUT ²	PISTACHIO	WALNUT
Calories	160	190	160	180	200	200	190	160	190
Protein (g)	6	4	4	4	2	3	4	6	4
Total Fat (g)	14	19	13	17	22	20	20	13	18
Saturated Fat (g)	1	4.5	3	1.3	3.5	2	1.5	1.5	1.5
Polyunsaturated Fat (g)	3.5	7	2	2	0.5	6	10	4	13
Monounsaturated Fat (g)	9	7	8	13	17	12	5.5	7	2.5
Carbohydrates (g)	6	3	9	5	4	4	4	8	4
Dietary Fiber (g)	4	2	1	3	2	3	1	3	2
Folate (mcg)	12	6	20	32	3	6	10	14	28
Niacin (mg)	1	0.1	0.4	0.5	0.7	0.3	1.2	0.4	0.3
Riboflavin (mg)	0.3	0	0.1	0	0	0	0.1	0.1	0
Vitamin B6 (mg)	0	0	0.1	0.2	0.1	0.1	0	0.3	0.2
Vitamin E (mg)	7.3	1.6	0.3	4.3	0.2	0.4	2.6	0.6	0.2
Calcium (mg)	76	45	13	32	20	20	5	30	28
Copper (mg)	0.3	0.4	0.6	0.5	0.2	0.3	0.4	0.4	0.5
Iron (mg)	1.1	0.7	1.7	1.3	0.8	0.7	1.6	1.1	0.8
Magnesium (mg)	77	107	74	46	33	34	71	31	45
Manganese (mg)	0.6	0.4	0.2	1.8	0.9	1.3	2.5	0.4	1
Phosphorus (mg)	136	206	139	82	56	79	163	133	98
Potassium (mg)	208	187	160	193	103	116	169	285	125
Zinc (mg)	0.9	1.2	1.6	0.7	0.4	1.3	1.8	0.7	0.9

Source: U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov. Data from National Nutrient Database for Standard Reference Legacy Release (SR Legacy).

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

2. Pignolia variety.