



**ALMONDS**

Calories	575 kcal
Proteins	21.00 g
Saturated fats	3.73 g
Monounsaturated fats	38.00 g
Polysaturated fats	12.87 g
Carbohydrates	31.67 g
Fibers	12.2 g
Selenium	2.5 mcg
Phosphorus	464 mg
Magnesium	268 mg
Sodium	1 mg
Potassium	701 mg
Vitamin B	1.00
Vitamin E	35.33 mg
Vitamin BG	0.18 mg

Nuts in 100 g of edible portion



**HAZELNUTS**

Calories	628 kcal
Proteins	14.91 g
Saturated fats	4.46 g
Monounsaturated fats	45.05 g
Polysaturated fats	7.92 g
Carbohydrates	36.7 g
Fibers	9.7 g
Selenium	2.4 mcg
Phosphorus	291 mg
Magnesium	151 mg
Sodium	0 mg
Potassium	691 mg
Vitamin B	20.00
Vitamin E	15.47 mg
Vitamin BG	0.34 mg

Nuts in 100 g of edible portion



**PINE NUTS**

Calories	675 kcal
Proteins	10.00 g
Saturated fats	4.0 g
Monounsaturated fats	10.70 g
Polysaturated fats	24.37 g
Carbohydrates	10.00 g
Fibers	2.7 g
Selenium	0.7 mcg
Phosphorus	575 mg
Magnesium	151 mg
Sodium	2 mg
Potassium	157 mg
Vitamin B	20.00
Vitamin E	0.33 mg
Vitamin BG	0.05 mg

Nuts in 100 g of edible portion



**PEANUTS**

Calories	585 kcal
Proteins	25.00 g
Saturated fats	4.00 g
Monounsaturated fats	24.00 g
Polysaturated fats	15.00 g
Carbohydrates	15.00 g
Fibers	0 g
Selenium	7.5 mcg
Phosphorus	350 mg
Magnesium	170 mg
Sodium	0 mg
Potassium	650 mg
Vitamin B	0.00
Vitamin E	6.33 mg
Vitamin BG	0.20 mg

Nuts in 100 g of edible portion



**FIGS**

Calories	240 kcal
Proteins	3.0 g
Saturated fats	0.14 g
Monounsaturated fats	0.10 g
Polysaturated fats	0.55 g
Carbohydrates	62.00 g
Fibers	5.0 g
Selenium	0.5 mcg
Phosphorus	117 mg
Magnesium	100 mg
Sodium	10 mg
Potassium	400 mg
Vitamin B	10.00
Vitamin C	0.30 mg
Vitamin BG	0.01 mg

Fruit, uncooked



**BRAZIL NUTS**

Calories	650 kcal
Proteins	14.30 g
Saturated fats	15.14 g
Monounsaturated fats	24.00 g
Polysaturated fats	30.38 g
Carbohydrates	12.27 g
Fibers	7.5 g
Selenium	107 mcg
Phosphorus	335 mg
Magnesium	270 mg
Sodium	1 mg
Potassium	651 mg
Vitamin B	0.00
Vitamin E	5.33 mg
Vitamin BG	0.10 mg

Nuts in 100 g of edible portion



**MACADAMIAS**

Calories	710 kcal
Proteins	7.70 g
Saturated fats	11.95 g
Monounsaturated fats	58.00 g
Polysaturated fats	1.5 g
Carbohydrates	13.30 g
Fibers	0 g
Selenium	11.7 mcg
Phosphorus	190 mg
Magnesium	100 mg
Sodium	4 mg
Potassium	341 mg
Vitamin B	0.00
Vitamin E	0.57 mg
Vitamin BG	0.30 mg

Nuts in 100 g of edible portion



**PISTACHIOS**

Calories	571 kcal
Proteins	21.35 g
Saturated fats	5.00 g
Monounsaturated fats	24.00 g
Polysaturated fats	15.0 g
Carbohydrates	20 g
Fibers	0 g
Selenium	0.3 mcg
Phosphorus	485 mg
Magnesium	120 mg
Sodium	0 mg
Potassium	1042 mg
Vitamin B	252.00
Vitamin E	0.57 mg
Vitamin BG	1.27 mg

Nuts in 100 g of edible portion



**DATES**

Calories	280 kcal
Proteins	2.40 g
Saturated fats	0.00 g
Monounsaturated fats	0.00 g
Polysaturated fats	0.00 g
Carbohydrates	75.00 g
Fibers	0 g
Selenium	0 mcg
Phosphorus	62 mg
Magnesium	45 mg
Sodium	0 mg
Potassium	650 mg
Vitamin B	10.00
Vitamin C	0.05 mg
Vitamin BG	0.01 mg

Fruit, uncooked



**PRUNES**

Calories	240 kcal
Proteins	2.10 g
Saturated fats	0.00 g
Monounsaturated fats	0.00 g
Polysaturated fats	0.00 g
Carbohydrates	62.00 g
Fibers	7.5 g
Selenium	0.5 mcg
Phosphorus	117 mg
Magnesium	100 mg
Sodium	10 mg
Potassium	400 mg
Vitamin B	10.00
Vitamin C	0.30 mg
Vitamin BG	0.01 mg

Fruit, uncooked



**CASHEWS**

Calories	574 kcal
Proteins	15.30 g
Saturated fats	9.10 g
Monounsaturated fats	37.30 g
Polysaturated fats	2.04 g
Carbohydrates	30.00 g
Fibers	3 g
Selenium	10 mcg
Phosphorus	490 mg
Magnesium	260 mg
Sodium	10 mg
Potassium	583 mg
Vitamin B	0.00
Vitamin E	0.50 mg
Vitamin BG	0.20 mg

Nuts in 100 g of edible portion



**PECANS**

Calories	681 kcal
Proteins	9.17 g
Saturated fats	6.00 g
Monounsaturated fats	40.00 g
Polysaturated fats	25.51 g
Carbohydrates	13.00 g
Fibers	0.0 g
Selenium	3.0 mcg
Phosphorus	277 mg
Magnesium	101 mg
Sodium	0 mg
Potassium	400 mg
Vitamin B	0.00
Vitamin E	1.4 mg
Vitamin BG	0.20 mg

Nuts in 100 g of edible portion



**WALNUTS**

Calories	654 kcal
Proteins	15.00 g
Saturated fats	6.00 g
Monounsaturated fats	0.00 g
Polysaturated fats	47.00 g
Carbohydrates	13.71 g
Fibers	6.7 g
Selenium	4.0 mcg
Phosphorus	240 mg
Magnesium	100 mg
Sodium	2 mg
Potassium	441 mg
Vitamin B	0.00
Vitamin E	1.4 mg
Vitamin BG	0.24 mg

Nuts in 100 g of edible portion



**APRICOTS**

Calories	240 kcal
Proteins	2.50 g
Saturated fats	0.00 g
Monounsaturated fats	0.00 g
Polysaturated fats	0.00 g
Carbohydrates	75.00 g
Fibers	7.0 g
Selenium	2.2 mcg
Phosphorus	71 mg
Magnesium	50 mg
Sodium	0 mg
Potassium	100 mg
Vitamin B	10.00
Vitamin C	4.00 mg
Vitamin BG	0.04 mg

Fruit, uncooked



**RAISINS**

Calories	300 kcal
Proteins	2.00 g
Saturated fats	0.00 g
Monounsaturated fats	0.00 g
Polysaturated fats	0.00 g
Carbohydrates	75.00 g
Fibers	4 g
Selenium	0.7 mcg
Phosphorus	110 mg
Magnesium	10 mg
Sodium	10 mg
Potassium	140 mg
Vitamin B	0.00
Vitamin C	0.10 mg
Vitamin BG	0.02 mg

Fruit, uncooked

g = grams | mg = milligrams | mcg = micrograms | 0.1 = International Units Source: USDA National Nutrient Database for Standardized Databases