



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	260 mg
Sodium	1 mg
Potassium	701 mg
Vitamin B	1.00
Vitamin E	35.33 mg
Vitamin B6	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	290 mg
Magnesium	151 mg
Sodium	0 mg
Potassium	691 mg
Vitamin B	20.00
Vitamin E	15.43 mg
Vitamin B6	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	9.33 mg
Vitamin B6	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	24.54 g
Polysaturated fats	15.50 g
Carbohydrates	15.50 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 B6	0.20 mg

Nuts in 100 g of edible portion



FIGS

Calories	240 kcal
Proteins	3.10 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	17 mg
Magnesium	10 mg
Sodium	0 mg
Potassium	100 mg
Vitamin B	10.00
Vitamin C	0.30 mg
Vitamin B6	0.01 mg

Fruit in 100 g of edible portion
(dried, unseeded)



BRAZIL NUTS

Calories	650 kcal
Proteins	14.30 g
Saturated fats	15.14 g
Monounsaturated fats	24.00 g
Polysaturated fats	20.38 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	0.10
Vitamin E	5.33 mg
Vitamin B6	0.10 mg

Nuts in 100 g of edible portion
(dried, unseeded)



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	0.10
Vitamin E	6.33 mg
Vitamin B6	0.30 mg

Nuts in 100 g of edible portion



PISTACHIOS

Calories	571 kcal
Proteins	21.20 g
Saturated fats	5.50 g
Monounsaturated fats	24.20 g
Polysaturated fats	15.5 g
Carbohydrates	20 g
Fibers	0 g
Selenium	0.3 mcg
Phosphorus	405 mg
Magnesium	120 mg
Sodium	0 mg
Potassium	1042 mg
Vitamin B	252.00
Vitamin E	1.53 mg
Vitamin B6	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	0.04 g
Polysaturated fats	0.50 g
Carbohydrates	75.50 g
Fibers	7.5 g
Selenium	0 mcg
Phosphorus	62 mg
Magnesium	45 mg
Sodium	0 mg
Potassium	650 mg
Vitamin B	10.00
Vitamin C	0.45 mg
Vitamin B6	0.17 mg

Fruit in 100 g of edible portion
(dried, unseeded)



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	17 mg
Magnesium	10 mg
Sodium	0 mg
Potassium	710 mg
Vitamin B	10.00
Vitamin C	0.45 mg
Vitamin B6	0.01 mg

Fruit in 100 g of edible portion
(dried, unseeded)



CASHEWS

Calories	574 kcal
Proteins	15.20 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	0.10
Vitamin E	0.50 mg
Vitamin B6	0.20 mg

Nuts in 100 g of edible portion



PECANS

Calories	691 kcal
Proteins	9.17 g
Saturated fats	6.30 g
Monounsaturated fats	40.00 g
Polysaturated fats	25.51 g
Carbohydrates	13.00 g
Fibers	0.6 g
Selenium	3.0 mcg
Phosphorus	277 mg
Magnesium	101 mg
Sodium	0 mg
Potassium	400 mg
Vitamin B	20.00
Vitamin E	1.4 mg
Vitamin B6	0.20 mg

Nuts in 100 g of edible portion



WALNUTS

Calories	654 kcal
Proteins	15.20 g
Saturated fats	6.30 g
Monounsaturated fats	6.30 g
Polysaturated fats	47.17 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	20.00
Vitamin E	1.4 mg
Vitamin B6	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	0.07 g
Polysaturated fats	0.07 g
Carbohydrates	62.04 g
Fibers	7.5 g
Selenium	2.2 mcg
Phosphorus	71 mg
Magnesium	50 mg
Sodium	0 mg
Potassium	100 mg
Vitamin B	10.00
Vitamin C	4.50 mg
Vitamin B6	0.14 mg

Fruit in 100 g of edible portion
(dried, unseeded, unpeeled)



RAISINS

Calories	300 kcal
Proteins	2.50 g
Saturated fats	0.10 g
Monounsaturated fats	0.00 g
Polysaturated fats	0.14 g
Carbohydrates	75.50 g
Fibers	4 g
Selenium	0.7 mcg
Phosphorus	15 mg
Magnesium	10 mg
Sodium	0 mg
Potassium	710 mg
Vitamin B	0.10
Vitamin C	0.10 mg
Vitamin B6	0.02 mg

Fruit in 100 g of edible portion
(dried, unseeded)

g = grams | mg = milligrams | mcg = micrograms | % = International Units. Source: USDA National Nutrient Database for Standardized References.