

Almonds

Nutrition Facts

Serving size 1 oz (30g)

Amount Per Serving
Calories 170

	% Daily Value*
Total Fat 15g	19%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 1.44mg	8%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Brazil Nuts

Nutrition Facts

Serving size 1 oz (30g)

Amount Per Serving
Calories 200

	% Daily Value*
Total Fat 20g	26%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 1.08mg	6%
Potassium 0mg	0%

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Cashews

Nutrition Facts

Serving size 1/4 cup (28g)

Amount Per Serving
Calories 160

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 2.2g	11%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2.2g	
Monounsaturated Fat 6.7g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber < 1g	3%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 1.8mg	10%
Potassium 235mg	4%
Vitamin B6	4%
Magnesium	20%

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Chestnuts

Nutrition Facts

Serving size 1 Oz

Amount Per Serving
Calories 64

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mg	0%
Calcium 13mg	1%
Iron 0.54mg	3%
Potassium 0mg	0%
Vitamin A	0%
Vitamin C	17%

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Hazelnuts

Nutrition Facts

Serving size (28g)

Amount Per Serving
Calories 180

% Daily Value*

Total Fat 17g	22%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1.08mg	6%
Potassium 0mg	0%
Vitamin A	0%
Vitamin C	0%

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Macadamia Nuts

Nutrition Facts

Serving size 1/4 cup (30g)

Amount per serving
Calories 220

% Daily Value*

Total Fat 23g	29%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 18g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vit. D 0mcg 0% • Calcium 25mg 2%	
Iron 1mg 6% • Potassium 110mg 2%	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Peanuts

Nutrition Facts

Serving size 1 oz (28g)

Amount Per Serving
Calories 160

% Daily Value*

Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.72mg	4%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Pecans

Nutrition Facts

Serving size 1 oz (28g)

Amount Per Serving
Calories 190

% Daily Value*

Total Fat 20g	26%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.72mg	4%
Potassium 0mg	0%

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Pine Nuts

Nutrition Facts

Serving size 1 oz (28g)

Amount Per Serving
Calories 160

% Daily Value*

Total Fat 14g	18%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.36mg	2%
Potassium 0mg	0%

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Pistachios

Nutrition Facts

Serving size 1/4 cup (30g)

Amount per serving
Calories 190

% Daily Value*

Total Fat 18g	23%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 14g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	
Vit. D 0mcg 0% • Calcium 34mg 2%	
Iron 1mg 6% • Potassium 204mg 4%	

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Walnuts

Nutrition Facts

Serving size 1/4 cup (30g)

Amount per serving
Calories 220

% Daily Value*

Total Fat 23g	29%
Saturated Fat 3.5g	18%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 18g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vit. D 0mcg 0% • Calcium 25mg 2%	
Iron 1mg 6% • Potassium 110mg 2%	

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