

**COMMON TREE NUTS**

MICRONUTRIENT CONTENT PER OUNCE (28 GRAMS)

*Highest values highlighted*

	ALMOND	BRAZIL	CASHEW	HAZELNUT	MACADEMIA	PECAN	PISTACHIO	WALNUT
CALORIES	163	186	157	178	<b>204</b>	196	158	185
CALCIUM (MG)	<b>75</b>	45	10	32	24	20	30	28
COPPER (MG)	0.3	0.5	<b>0.6</b>	0.5	0.2	0.3	0.4	0.5
FOLATE (MCG)	14	6	7	<b>32</b>	3	6	14	28
IRON (MG)	1.1	0.7	<b>1.9</b>	1.3	1.1	0.7	1.2	0.8
MAGNESIUM (MG)	76	<b>107</b>	83	46	37	34	34	45
NIACIN (MG)	<b>1</b>	0.1	0.3	0.5	0.7	0.3	0.4	0.3
POTASSIUM (MG)	210	187	187	193	104	116	<b>291</b>	125
SELENIUM (MCG)	1.2	<b>544</b>	3	0.7	1	1.1	2.8	1.4
VITAMIN E	<b>7.4</b>	1.6	0.3	4.3	0.2	0.4	0.7	0.2
ZINC (MG)	0.9	1.2	<b>1.6</b>	0.7	0.4	1.3	0.6	0.9

<https://lpi.oregonstate.edu/mic/food-beverages/nuts><https://ods.od.nih.gov/factsheets/Selenium-HealthProfessional/><https://www.traditionaloven.com/foods/details/nuts-seeds/nuts-cashew-nuts-raw.html>