



Nutrient Composition of Tree Nuts

Pistachios: A Superior Snack Choice



(1 ounce raw)	Pistachios	Almonds	Cashews	Hazelnuts	Macadamias	Pecans	Walnuts	Pistachios are...
No. of kernels/serving size	49	23	18	21	10 to 12	19 halves	14 halves	The most kernels per ounce
Calories	160	160	160	180	200	200	190	One of the lowest calorie nuts
Protein (g)	6	6	5	4	2	3	4	One of the highest protein nuts
Total fat (g)	13	14	12	17	21	20	18	One of the lowest fat nuts
Carbohydrate (g)	8	6	9	5	4	4	4	
Dietary Fiber (g)	3	3	1	3	2	3	2	One of the highest fiber nuts
Minerals								
Calcium (%DV)	3	7	1	3	2	2	3	
Iron (%DV)	7	7	11	7	6	4	5	
Magnesium (%DV)	9	20	21	12	9	9	11	
Phosphorus (%DV)	14	13	17	8	5	8	10	A good source of phosphorus
Potassium (%DV)	8	6	5	6	3	3	4	The highest potassium nut
Sodium (%DV)	0	0	1	0	trace	0	trace	Sodium free when unsalted
Zinc (%DV)	4	6	11	5	2	9	6	
Copper (%DV)	18	16	31	24	11	17	23	A good source of copper
Manganese (%DV)	17	36	23	88	56	64	48	A good source of manganese
Selenium (%DV)	3	1	8	1	1	2	2	
Vitamins								
Vitamin C (%DV)	2	0	trace	3	trace	trace	1	
Thiamin (%DV)	17	5	8	12	23	13	7	A good source of thiamin
Riboflavin (%DV)	3	14	1	2	3	2	2	
Niacin (%DV)	2	6	2	3	4	2	2	
Pantothenic Acid (%DV)	1	1	2	3	2	2	trace	
Vitamin B-6 (%DV)	25	2	6	trace	4	3	8	The highest vitamin B-6 nut; an excellent source
Folate (%DV)	4	2	2	8	1	2	7	
Vitamin B-12 (%DV)	0	0	0	0	0	0	0	
Vitamin E-alpha-tocopherol (%DV)	3	33	1	19	1	2	1	
Vitamin K (%DV)	5*	0	12	5	0*	1	1	
Vitamin A (%DV)	3	trace	0	trace	0	trace	trace	
Lipids								
Saturated Fat (g)	1.5	1	2	1	3	2	2	One of the lowest saturated fat nuts
Monounsaturated Fat (g)	7	9	7	13	17	12	3	A good source of monounsaturated fat
Polyunsaturated Fat (g)	4	3	2	2	trace	6	13	A good source of polyunsaturated fat
Total Phytosterols (mg)	61	34	45*	27	33	29	20	The highest phytosterol nut
Carotenoids								
Beta-carotene (mcg)	94	1	0	3	0*	8	3	The highest beta-carotene nut
Lutein + zeaxanthin (mcg)	342*	0	6	26	0*	5	3	The highest lutein + zeaxanthin nut

SOURCE: USDA National Nutrient Database for Standard Reference, Release 19 (2006)

*Data for 1 ounce roasted; data not available for raw
n/a = data not available

For more information, visit PistachioHealth.com



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(1 oz dry roasted, unsalted)	Pistachios	Almonds	Cashews	Hazelnuts	Macadamias	Pecans	Walnuts*	Pistachios are...
No. of kernels/serving size	49	22	18	21	10 to 12	19 halves	14 halves	The most kernels per ounce
Calories	160	170	160	180	200	200	190	One of the lowest calorie nuts
Protein (g)	6	6	4	4	2	3	4	One of the highest protein nuts
Total fat (g)	13	15	13	18	22	21	18	One of the lowest fat nuts
Carbohydrate (g)	8	5	9	5	4	4	4	
Dietary Fiber (g)	3	3	1	3	2	3	2	One of the highest fiber nuts
Minerals								
Calcium (%DV)	3	8	1	4	2	2	3	
Iron (%DV)	7	7	9	7	4	4	5	
Magnesium (%DV)	9	20	19	12	8	9	11	
Phosphorus (%DV)	14	14	14	9	6	8	10	A good source of phosphorus
Potassium (%DV)	8	6	5	6	3	3	4	The highest potassium nut
Sodium (%DV)	trace	0	trace	0	trace	0	trace	Sodium free when unsalted
Zinc (%DV)	4	7	11	5	2	10	6	
Copper (%DV)	19	17	31	24	8	17	23	A good source of copper
Manganese (%DV)	18	37	12	79	43	56	48	A good source of manganese
Selenium (%DV)	4	1	5	2	5	2	2	
Vitamins								
Vitamin C (%DV)	1	0	0	2	trace	trace	1	
Thiamin (%DV)	16	1	4	6	13	9	7	A good source of thiamin
Riboflavin (%DV)	3	14	3	2	1	2	2	
Niacin (%DV)	2	5	2	3	3	2	2	
Pantothenic Acid (%DV)	1	trace	3	3	2	2	trace	
Vitamin B-6 (%DV)	18	2	4	0	5	3	8	The highest vitamin B-6 nut
Folate (%DV)	4	2	5	6	1	1	7	
Vitamin B-12 (%DV)	0	0	0	0	0	0	0	
Vitamin E-alpha-tocopherol (%DV)	2	33	1	20	1	2	1	
Vitamin K (%DV)	5	0	12	5*	0	1*	1	
Vitamin A (%DV)	1	0	0	trace	0	trace	trace	
Lipids								
Saturated Fat (g)	1.5	1	2.5	1	3	2	2	One of the lowest saturated fat nuts
Monounsaturated Fat (g)	7	10	8	13	17	12	3	A good source of monounsaturated fat
Polyunsaturated Fat (g)	4	4	2	2	trace	6	13	A good source of polyunsaturated fat
Total Phytosterols (mg)	61	33	45	31	32	24	20	The highest phytosterol nut
Carotenoids								
Beta-carotene (mcg)	45	0	0	10	0	24	3	The highest beta-carotene nut
Lutein + zeaxanthin (mcg)	342	0	7	26*	0	5*	3	The highest lutein + zeaxanthin nut

SOURCE: USDA National Nutrient Database for Standard Reference, Release 19 (2006)
 *Data for 1 ounce raw; data not available for roasted
 n/a = data not available

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