

Basic Report 12120, Nuts, hazelnuts or filberts [a](#) [b](#)
Report Date: August 25, 2019 04:11 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 115g	1 cup, ground 75g	1 cup, whole 135g	1 oz (21 whole kernels) 28.35g	10.0 nuts 14g
Proximates							
Water	g	5.31	6.11	3.98	7.17	1.51	0.74
Energy	kcal	628	722	471	848	178	88
Protein	g	14.95	17.19	11.21	20.18	4.24	2.09
Total lipid (fat)	g	60.75	69.86	45.56	82.01	17.22	8.51
Carbohydrate, by difference	g	16.70	19.20	12.53	22.55	4.73	2.34
Fiber, total dietary	g	9.7	11.2	7.3	13.1	2.7	1.4
Sugars, total	g	4.34	4.99	3.25	5.86	1.23	0.61
Minerals							
Calcium, Ca	mg	114	131	86	154	32	16
Iron, Fe	mg	4.70	5.41	3.52	6.34	1.33	0.66
Magnesium, Mg	mg	163	187	122	220	46	23
Phosphorus, P	mg	290	334	218	392	82	41
Potassium, K	mg	680	782	510	918	193	95
Sodium, Na	mg	0	0	0	0	0	0
Zinc, Zn	mg	2.45	2.82	1.84	3.31	0.69	0.34
Vitamins							
Vitamin C, total ascorbic acid	mg	6.3	7.2	4.7	8.5	1.8	0.9
Thiamin	mg	0.643	0.739	0.482	0.868	0.182	0.090
Riboflavin	mg	0.113	0.130	0.085	0.153	0.032	0.016
Niacin	mg	1.800	2.070	1.350	2.430	0.510	0.252
Vitamin B-6	mg	0.563	0.647	0.422	0.760	0.160	0.079
Folate, DFE	µg	113	130	85	153	32	16
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	1	1	1	1	0	0
Vitamin A, IU	IU	20	23	15	27	6	3

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Vitamin E (alpha-tocopherol)	mg	15.03	17.28	11.27	20.29	4.26	2.10
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	14.2	16.3	10.7	19.2	4.0	2.0
Lipids							
Fatty acids, total saturated	g	4.464	5.134	3.348	6.026	1.266	0.625
Fatty acids, total monounsaturated	g	45.652	52.500	34.239	61.630	12.942	6.391
Fatty acids, total polyunsaturated	g	7.920	9.108	5.940	10.692	2.245	1.109
Cholesterol	mg	0	0	0	0	0	0
Amino Acids							
Other							
Caffeine	mg	0	0	0	0	0	0

Footnotes

^a Unroasted

^b Other phytosterols = 12.0 mg/100g; these include delta 5-avenasterol (2.6), campestanol (3.0), sitostanol (3.9) and other minor phytosterols (2.5 mg).