

**Basic Report 12147, Nuts, pine nuts, dried** [a](#) [b](#)

Report Date: September 22, 2019 04:02 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 135g	1 oz (167 kernels) 28.35g	10.0 nuts 1.7g
<b>Proximates</b>					
Water	g	2.28	3.08	0.65	0.04
Energy	kcal	673	909	191	11
Protein	g	13.69	18.48	3.88	0.23
Total lipid (fat)	g	68.37	92.30	19.38	1.16
Carbohydrate, by difference	g	13.08	17.66	3.71	0.22
Fiber, total dietary	g	3.7	5.0	1.0	0.1
Sugars, total	g	3.59	4.85	1.02	0.06
<b>Minerals</b>					
Calcium, Ca	mg	16	22	5	0
Iron, Fe	mg	5.53	7.47	1.57	0.09
Magnesium, Mg	mg	251	339	71	4
Phosphorus, P	mg	575	776	163	10
Potassium, K	mg	597	806	169	10
Sodium, Na	mg	2	3	1	0
Zinc, Zn	mg	6.45	8.71	1.83	0.11
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.8	1.1	0.2	0.0
Thiamin	mg	0.364	0.491	0.103	0.006
Riboflavin	mg	0.227	0.306	0.064	0.004
Niacin	mg	4.387	5.922	1.244	0.075
Vitamin B-6	mg	0.094	0.127	0.027	0.002
Folate, DFE	µg	34	46	10	1
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	1	1	0	0
Vitamin A, IU	IU	29	39	8	0

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Vitamin E (alpha-tocopherol)	mg	9.33	12.60	2.65	0.16
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	53.9	72.8	15.3	0.9
<b>Lipids</b>					
Fatty acids, total saturated	g	4.899	6.614	1.389	0.083
Fatty acids, total monounsaturated	g	18.764	25.331	5.320	0.319
Fatty acids, total polyunsaturated	g	34.071	45.996	9.659	0.579
Cholesterol	mg	0	0	0	0
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0

**Footnotes**

<sup>a</sup> Includes pignolia (*Pinus pinea*) and Korean (*Pinus koraiensis*).

<sup>b</sup> Other phytosterols total 84.1 mg/100g; these include delta 5-avenasterol (40.1), sitostanol (5.9), campestanol (3.9), and other minor phytosterols (34.2 mg).