

**Basic Report 12120, Nuts, hazelnuts or filberts** [a](#) [b](#)
**Report Date: February 20, 2018 22:42 EST**

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
<b>Proximates</b>							
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
<b>Minerals</b>							
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
<b>Vitamins</b>							
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
<b>Lipids</b>							
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
<b>Amino Acids</b>							
<b>Other</b>							
Caffeine	mg	0	0	0	0	0	0

**Footnotes**

<sup>a</sup> Unroasted

<sup>b</sup> 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).