

Basic Report 12147, Nuts, pine nuts, dried [a](#) [b](#)
Report Date: September 22, 2017 20:26 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 |
|--------------------------------|------|------------------------|---------------|------------------------------|-------------------|
| Proximates | | | | | |
| 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 |
| Minerals | | | | | |
| 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 |
| Vitamins | | | | | |
| 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 |
| Lipids | | | | | |
| 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 |
| Amino Acids | | | | | |
| Other | | | | | |
| Caffeine | mg | 0 | 0 | 0 | 0 |

Footnotes

^a Includes pignolia (*Pinus pinea*) and Korean (*Pinus koraiensis*).

^b 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).