

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

**Report Date: November 19, 2017 16:18 EST**

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 1 cup<br>135g | 1 oz (167 kernels)<br>28.35g | 10.0 nuts<br>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).