

Nuts & Seeds: Nutrition Information

NUTS 1oz.	CALORIES (Kcal)	PROTEINS (g)	CARBS (g)	POTASSIUM (mg)
Coconut - unsweetened	187	2	7	154
Almonds	164	6	6	206
Pistachios	162	6	8	295
Hazelnuts	183	4	5	214
Pine Nuts	191	4	4	169
Walnuts	185	4	4	125
Cashews - dry roasted	163	4	9	160
Pecans -dry roasted	202	3	4	120
Peanuts - dry roasted	166	7	6	187
Macadamia- dry roasted	204	2	4	103
Sunflower seeds	165	6	7	241
Pumpkin seeds	148	9	4	229
Hemp seeds	151	10	7	320



Note: Over 200 mg of potassium shown in BOLD BROWN