

Nut Health & Wellness Profiles

	Peanuts, dry roasted, without salt*		Pistachio Nuts, dry roasted, without salt*		Almonds, dry roasted without salt*	
	Amount	% Daily Value*	Amount	% Daily Value*	Amount	% Daily Value*
Serving Size	1 oz (28g)		1 oz (28g)		1 oz (28g)	
Calories	170		160		170	
Fat Calories	130		120		140	
Total Fat	14g	22%	13g	20%	15g	23%
Sat Fat	2g	10%	1.5g	8%	1g	5%
Trans Fat	0g		0g		0g	
Potassium	190mg	5%	285mg	8%	200mg	6%
Total Carbohydrate	6g	2%	8g	3%	6g	2%
Fiber	2g	10%	3g	12%	3g	12%
Sugars	1g		2g		1g	
Protein	7g		6g		6g	
Vitamin E	Good	10%		2%	Excellent	35%
Thiamin		8%	Good	15%		0%
Riboflavin		2%		4%	Good	15%
Niacin	Excellent	20%		2%		6%
Vitamin B6		4%	Good	15%		2%
Folate	Good	10%		4%		4%
Phosphorous	Good	10%	Good	15%	Good	15%
Magnesium	Good	15%		8%	Excellent	20%
Copper	Good	10%	Excellent	20%	Good	15%
Manganese	Excellent	30%	Excellent	20%	Excellent	35%

All 3 Nuts Have

Calories: 160-170/oz

Fat: 13-15 g/oz

Fiber: 2-3 g/oz
(All a "Good" source)

Protein: 6-7 g/oz

Good or Excellent Source for vitamins and minerals listed:

Peanuts	7
Almonds	6
Pistachios	5

*Per USDA SR 25 database

