

<b><i>Nut</i></b>	<b><i>Amount (pieces)</i></b>	<b><i>Calories</i></b>	<b><i>Total fat</i></b>	<b><i>Saturated fat</i></b>	<b><i>Sodium</i></b>	<b><i>Fiber</i></b>	<b><i>Protein</i></b>	<b><i>Calcium</i></b>
Almonds, dry roasted, salted	22	170	15	1.1	96	3.4	6.3	70.4
Brazil nuts, dried	6	186	18.8	4.3	1	2.1	4.1	45.4
Roasted cashews	18	165	13.5	2.4	87	0.9	4.8	12.2
Roasted hazelnuts	18	183	17.7	1.3	0	2.7	4.3	34.9
Macadamias	12	203	21.6	3.4	75	2.3	2.2	19.8
Pecan halves	19	196	20.4	1.8	0	2.7	2.6	19.8
Peanuts, oil roasted	31	167	14.6	2.4	89	2.6	7.8	17
Pistachios, dry roasted	49	161	13	1.6	115	2.9	6.1	31.2
Walnut halves	14	185	18.5	1.7	1	1.9	4.3	27.8
Pine nuts	165	190	20	2.0	1	1.0	3.9	5