



## Comparative of the nutritive values of nuts

Nutshealth (30g)	Fibres (g)	Oméga-3 (g)	Énergy (cal.)	Proteins (g)	Carbohydrates (g)	Fat (g)	Saturated fat (g)	Mono unsaturated fat (g)
Source : <a href="http://nutshealth.com">nutshealth.com</a>								
Walnuts	1.9	2.6	185	4	4	18	1.7	2.5
Almonds	3.3	0	165	6	6	14	1.1	9.1
Cashew nuts	0.9	0.002	160	5	9	12	2.2	6.7
Peanuts	2.4	0	160	7	5	14	1.9	6.9
Pecans	2.7	0.28	180	3	4	20	1.8	11.6
Hazel nuts	2.8	0.02	194	3	5	19	1.4	14
Brazil nuts	2.3	0.01	194	4	4	20	4.5	7
Macadamia nuts	2.3	0.5	204	2	4	21	3.7	17
Pistachios	3.2	0.08	178	7	9	14	1.7	7.6

