

Hazelnut



Nutrient	Units	Value per 100gr	Value per 28gr, 1 oz (1 handful)
Proximates			
Water	g	5.31	1.51
Energy	kcal	628	178
Energy	kJ	2629	745
Protein	g	14.95	4.24
Total lipid (fat)	g	60.75	17.22
Ash	g	2.29	0.65
Carbohydrate, by difference	g	16.70	4.73
Fiber, total dietary	g	9.7	2.7
Sugars, total	g	4.34	1.23
Sucrose	g	4.20	1.19
Glucose (dextrose)	g	0.07	0.02
Fructose	g	0.07	0.02
Lactose	g	0.00	0.00
Maltose	g	0.00	0.00
Starch	g	0.48	0.14
Minerals			
Calcium, Ca	mg	114	32
Iron, Fe	mg	4.70	1.33
Magnesium, Mg	mg	163	46

Phosphorus, P	mg	290	82
Potassium, K	mg	680	193
Sodium, Na	mg	0.0	0.0
Zinc, Zn	mg	2.45	0.69
Copper, Cu	mg	1.725	0.489
Manganese, Mn	mg	6.175	1.751
Selenium, Se	µg	2.4	0.7
Vitamins			
Vitamin C, total ascorbic acid	mg	6.3	1.8
Thiamin	mg	0.643	0.182
Riboflavin	mg	0.113	0.032
Niacin	mg	1.800	0.510
Pantothenic acid	mg	0.918	0.260
Vitamin B-6	mg	0.563	0.160
Folate, total	µg	113	32
Folic acid	µg	0.0	0.0
Folate, food	µg	113	32
Folate, DFE	µg	113	32
Choline, total	mg	45.6	12.9
Betaine	mg	0.4	0.1
Vitamin B-12	µg	0.00	0.00
Vitamin B-12, added	µg	0.00	0.00
Vitamin A, RAE	µg	1	0.0
Retinol	µg	0.0	0.0
Carotene, beta	µg	11	3
Carotene, alpha	µg	3	1
Cryptoxanthin, beta	µg	0.0	0.0
Vitamin A, IU	IU	20	6

Lycopene	µg	0.0	0.0
Lutein + zeaxanthin	µg	92	26
Vitamin E (alpha-tocopherol)	mg	15.03	4.26
Vitamin E, added	mg	0.00	0.00
Tocopherol, beta	mg	0.33	0.09
Tocopherol, gamma	mg	0.00	0.00
Tocopherol, delta	mg	0.00	0.00
Vitamin D (D2 + D3)	µg	0.00	0.00
Vitamin D	IU	0.0	0.0
Vitamin K (phylloquinone)	µg	14.2	4.0
Lipids			
Fatty acids, total saturated	g	4.464	1.266
4:0	g	0.000	0.000
13:0	g	0.000	0.000
12:0	g	0.000	0.000
6:0	g	0.000	0.000
17:0	g	0.000	0.000
10:0	g	0.000	0.000
18:0	g	1.265	0.359
8:0	g	0.000	0.000
20:0	g	0.102	0.029
14:0	g	0.000	0.000
15:0	g	0.000	0.000
22:0	g	0.000	0.000
16:0	g	3.097	0.878
24:0	g	0.000	0.000
Fatty acids, total monounsaturated	g	45.652	12.942
16:1 undifferentiated	g	0.116	0.033

14:1	g	0.000	0.000
18:1 undifferentiated	g	45.405	12.872
22:1 undifferentiated	g	0.000	0.000
20:1	g	0.131	0.037
24:1 c 1	g	0.000	0.000
Fatty acids, total polyunsaturated	g	7.920	2.245
18:2 undifferentiated	g	7.833	2.221
20:2 n-6 c,c	g	0.000	0.000
18:3 undifferentiated	g	0.087	0.025
18:4	g	0.000	0.000
20:3 undifferentiated	g	0.000	0.000
20:4 undifferentiated	g	0.000	0.000
22:5 n-3 (DPA)	g	0.000	0.000
Cholesterol	mg	0.0	0.0
20:5 n-3 (EPA)	g	0.000	0.000
22:6 n-3 (DHA)	g	0.000	0.000
Beta-sitosterol	mg	102	29
Stigmasterol	mg	1	0.0
Campesterol	mg	7	2
Amino Acids			
Tryptophan	g	0.193	0.055
Threonine	g	0.497	0.141
Isoleucine	g	0.545	0.155
Leucine	g	1.063	0.301
Lysine	g	0.420	0.119
Methionine	g	0.221	0.063
Cystine	g	0.277	0.079
Phenylalanine	g	0.663	0.188

Tyrosine	g	0.362	0.103
Valine	g	0.701	0.199
Arginine	g	2.211	0.627
Histidine	g	0.432	0.122
Alanine	g	0.730	0.207
Aspartic acid	g	1.679	0.476
Glutamic acid	g	3.710	1.052
Glycine	g	0.724	0.205
Proline	g	0.561	0.159
Serine	g	0.735	0.208
Others			
Alcohol, ethyl	g	0.0	0.0
Caffeine	mg	0.0	0.0
Theobromine	mg	0.0	0.0