

100gr	Almonds	Sun Flower	Pecans	Brazil Nuts	Cashew	Pistachio	macadamia
energy(kcal)	579	584	691	659	553	562	718
Total fat	49.93	51.46	72.97	67.1	43.85	45.39	75.77
Selenium(µg)	4.1	53	3.8	1917	19.9	7	3.6
Calcium(mg)	269	78	70	160	37	105	85
Magnesium(mg)	270	325	121	376	292	121	130
Zinc(mg)	3.12	5	4.53	4.06	5.78	2.2	1.3
alphatocopherol(mg)E	25.63	35.17	1.4	5.65	0.9	2.3	0.54
riboflavin(mg)B2	1.138	0.355	0.13	0.035	0.058	0.16	0.162
thiamin(mg)B1	0.205	1.48	0.66	0.617	0.423	0.87	1.195
pyridoxine(mg)B6	0.137	1.345	0.21	0.101	0.417	1.7	0.275
niacin(mg)B3	3.618	8.335	1.167	0.295	1.062	1.3	2.473
Lutein+zeaxanthin(µg)	1	0	17	0	22	1405	0
Carotene beta(µg)	1	30	29	0	0	249	0