

Nutrition Facts: Oils Nuts Seeds Page 1 of 2

as of: 9/29/2013 by carlanell.com

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Almond Butter Quantity: 1 Tbsp

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
101	9	3	2	1	1	72	0	1	43	0	0	0	0	121	49	1	68

Almonds, raw whole Quantity: 8 nuts 9g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
50	4	2	1	0	1	77	0	2	27	0	0	0	16	67	27	0	1

Almonds, raw whole Quantity: 24 nuts 28g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
150	13	7	4	1	3	230	0	5	80	0	0	0	47	200	80	1	2

Brazil Nuts, raw Quantity: 6 nuts 28g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
185	19	3	4	1	2	1	0	1	45	0	0	0	2	186	106	1	5

Cashews, raw whole Quantity: 1oz 28g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
155	11	18	5	2	1	3	0	2	10	0	0	0	0	185	1	0	17

Coconut butter (whole coconut pulp) Quantity: 1 Tbsp 15g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
180	20	8	2	2	4	10	0	1	0	0	0	0	0	0	0	0	0

Coconut Oil Quantity: 1 Tbsp 14g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
116	14	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Flax Oil, organic cold-pressed unrefined Quantity: 1 tsp

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
40	4	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	2399

Flax seeds, organic (grind up to eat) Quantity: 1 Tbsp

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
55	4	3	2	0	3	3	0	1	26	0	0	0	0	83	40	0	2338

Macadamia nuts, raw Quantity: 12 nuts 28g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
203	20	4	2	1	2	1	0	1	24	0	0	0	0	104	37	0	58

Olive Oil Quantity: 1 Tbsp 14g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
120	13	0	0	0	0	0	0	0	0	0	0	0	3	0	0	0	103

Olive Oil, extra virgin Quantity: 1 tsp

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
40	4	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	34

Peanut butter, creamy organic Quantity: 2 Tbsp

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
210	17	6	8	1	2	50	0	0	0	0	0	0	3	208	48	1	25

Pecans, raw unsalted Quantity: 19 halves 28g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
195	19	4	3	1	3	0	0	1	20	16	0	0	0	116	34	1	276

Pistachio nuts, raw Quantity: 49 nuts 28g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
157	12	8	5	2	3	0	0	1	30	156	1	0	1	290	34	1	72

Pumpkin seeds, dried hulled Quantity: 1/4 cup 30g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
190	16	4	9	1	3	130	0	3	0	100	0	0	0	228	151	21	51

Safflower Oil Quantity: 1 Tbsp

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
119	13	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0

Sesame seeds, whole, dried Quantity: 1 Tbsp 9g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
52	4	2	2	0	1	1	0	1	88	1	0	0	0	42	32	1	34

Sunflower Oil high oleic 70% Quantity: 1 Tbsp 14g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
124	14	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	27

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Sunflower seeds: whole, dried Quantity: 1oz 28g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
164	13	6	6	1	2	3	0	2	22	14	0	0	9	181	91	1	21

Walnuts, raw unsalted Quantity: 5 whole 28g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
183	17	4	4	1	2	1	0	1	28	6	0	0	0	125	45	1	2542