

Nuts, pine nuts, dried

- [Add to Tracking](#)
- [Add to Compare](#)
- [Create Recipe](#)
- [Add to My Foods](#)

FOOD SUMMARY

Nutrition Facts

Serving Size 100 grams

Amount Per Serving

Calories 673 Calories from Fat 572

% Daily Value*

Total Fat 68g 105%

Saturated Fat 5g 24%

Trans Fat

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 13g 4%

Dietary Fiber 4g 15%

Sugars 4g

Protein 14g

Vitamin A 1% • Vitamin C 1%

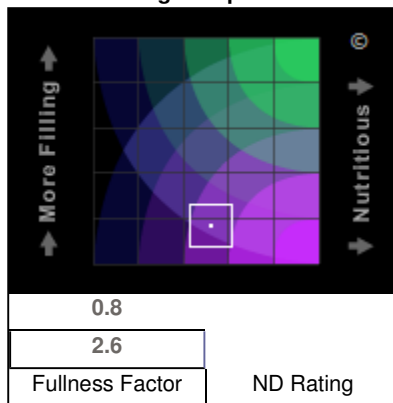
Calcium 2% • Iron 31%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

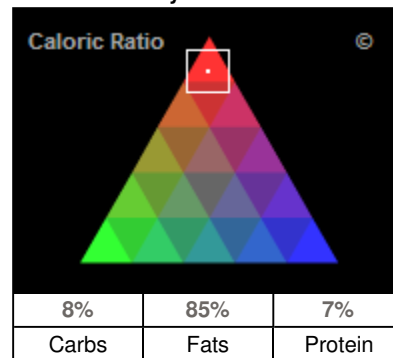
NutritionData.com

[Download Printable Label Image](#)

Nutritional Target Map



Caloric Ratio Pyramid



NutritionData's Opinion

Weight loss:

Optimum health:

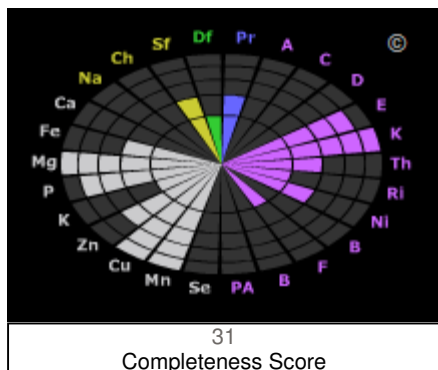
Weight gain:

The good: This food is very low in Cholesterol and Sodium. It is also a very good source of Manganese.

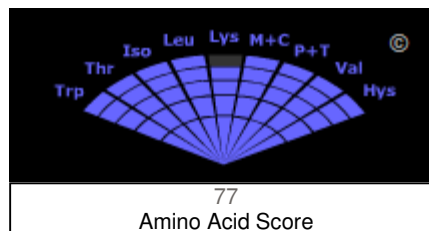
0

-146
moderately inflammatory

NUTRIENT BALANCE



PROTEIN QUALITY



Adding other foods with complementary amino acid profiles to this food may yield a more complete protein source and improve the quality of some types of restrictive diets.

[Find foods with complementary profile](#)

NUTRITION INFORMATION

Amounts per 100 grams

Calorie Information

Amounts Per Selected Serving		%DV
Calories	673 (2818 kJ)	34%
From Carbohydrate	53.3 (223 kJ)	
From Fat	572 (2395 kJ)	
From Protein	47.5 (199 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	13.1 g	4%
Dietary Fiber	3.7 g	15%
Starch	1.4 g	
Sugars	3.6 g	
Sucrose	3450 mg	
Glucose	70.0 mg	
Fructose	70.0 mg	
Lactose	0.0 mg	
Maltose	0.0 mg	
Galactose	0.0 mg	

[Collapse ▲](#)

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	68.4 g	105%
Saturated Fat	4.9 g	24%
4:00	0.0 mg	
6:00	0.0 mg	
8:00	0.0 mg	
10:00	0.0 mg	
12:00	0.0 mg	
13:00	~	
14:00	0.0 mg	
15:00	0.0 mg	
16:00	3212 mg	
17:00	0.0 mg	
18:00	1390 mg	
19:00	~	
20:00	229 mg	
22:00	68.0 mg	
24:00:00	0.0 mg	
Monounsaturated Fat	18.8 g	
14:01	0.0 mg	
15:01	0.0 mg	
16:1 undifferentiated	17.0 mg	
16:1 c	~	
16:1 t	~	
17:01	0.0 mg	
18:1 undifferentiated	17946 mg	
18:1 c	~	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	13.7 g	27%
Tryptophan	107 mg	
Threonine	370 mg	
Isoleucine	542 mg	
Leucine	991 mg	
Lysine	540 mg	
Methionine	259 mg	
Cystine	289 mg	
Phenylalanine	524 mg	
Tyrosine	509 mg	
Valine	687 mg	
Arginine	2413 mg	
Histidine	341 mg	
Alanine	684 mg	
Aspartic acid	1303 mg	
Glutamic acid	2926 mg	
Glycine	691 mg	
Proline	673 mg	
Serine	835 mg	
Hydroxyproline	~	

[Collapse ▲](#)

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	29.0 IU	1%
Retinol	0.0 mcg	
Retinol Activity Equivalent	1.0 mcg	
Alpha Carotene	0.0 mcg	
Beta Carotene	17.0 mcg	
Beta Cryptoxanthin	0.0 mcg	
Lycopene	0.0 mcg	
Lutein+Zeaxanthin	9.0 mcg	
Vitamin C	0.8 mg	1%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	9.3 mg	47%
Beta Tocopherol	0.0 mg	
Gamma Tocopherol	11.2 mg	
Delta Tocopherol	0.0 mg	
Vitamin K	53.9 mcg	67%
Thiamin	0.4 mg	24%
Riboflavin	0.2 mg	13%
Niacin	4.4 mg	22%
Vitamin B6	0.1 mg	5%
Folate	34.0 mcg	8%
Food Folate	34.0 mcg	
Folic Acid	0.0 mcg	
Dietary Folate Equivalents	34.0 mcg	
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.3 mg	3%
Choline	55.8 mg	
Betaine	0.4 mg	

[Collapse ▲](#)

18:1 t	~
20:01	801 mg
22:1 undifferentiated	0.0 mg
22:1 c	~
22:1 t	~
24:1 c	~
Polyunsaturated Fat	34.1 g
16:2 undifferentiated	~
18:2 undifferentiated	33145 mg
18:2 n-6 c,c	~
18:2 c,t	~
18:2 t,c	~
18:2 t,t	~
18:2 i	~
18:2 t not further defined	~
18:03	164 mg
18:3 n-3, c,c,c	112 mg
18:3 n-6, c,c,c	52.0 mg
18:4 undifferentiated	0.0 mg
20:2 n-6 c,c	404 mg
20:3 undifferentiated	353 mg
20:3 n-3	~
20:3 n-6	~
20:4 undifferentiated	0.0 mg
20:4 n-3	~
20:4 n-6	~
20:5 n-3	0.0 mg
22:02	~
22:5 n-3	0.0 mg
22:6 n-3	0.0 mg
Total trans fatty acids	~
Total trans-monoenoic fatty acids	~
Total trans-polyenoic fatty acids	~
Total Omega-3 fatty acids	112 mg
Total Omega-6 fatty acids	33606 mg

[Learn more about these fatty acids and their equivalent names](#)

Collapse ▲

Minerals		
Amounts Per Selected Serving		%DV
Calcium	16.0 mg	2%
Iron	5.5 mg	31%
Magnesium	251 mg	63%
Phosphorus	575 mg	57%
Potassium	597 mg	17%
Sodium	2.0 mg	0%
Zinc	6.4 mg	43%
Copper	1.3 mg	66%
Manganese	8.8 mg	440%
Selenium	0.7 mcg	1%
Fluoride	~	

Sterols		
Amounts Per Selected Serving		%DV
Cholesterol	0.0 mg	0%
Phytosterols	141 mg	
Campesterol	~	
Stigmasterol	~	
Beta-sitosterol	~	

Collapse ▲

Other		
Amounts Per Selected Serving		%DV
Alcohol	0.0 g	
Water	2.3 g	
Ash	2.6 g	
Caffeine	0.0 mg	
Theobromine	0.0 mg	

Footnotes for Nuts, pine nuts, dried

Source: Nutrient data for this listing was provided by USDA SR-21. Each "~" indicates a missing or incomplete value.

Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2,000 calorie reference diet. Your daily values may be higher or lower based on your individual needs.

Nutrition Data's Opinion, Completeness Score™, Fullness Factor™, Rating, Estimated Glycemic Load (eGL), and Better Choices Substitutions™ are editorial opinions of NutritionData.com, given without warranty, and are not intended to replace the advice of a nutritionist or health-care professional. Nutrition Data's opinions and ratings are based on weighted averages of the nutrient densities of those nutrients for which the FDA has established Daily Values, and do not consider other nutrients that may be important to your health or take into account your individual needs. Consequently, Nutrition Data's higher-rated foods may not necessarily be healthier for you than lower-rated ones. All foods, regardless of their rating, have the potential to play an important role in your diet.

The Amino Acid Score has not been corrected for digestibility, which could reduce its value.

IF Rating™ is a trademark of Monica Reinagel. Data for the IF Rating was provided by inflammationfactor.com.

[about nutrition data](#) [newsletters](#) [contact us](#) [advertising](#) [press center](#) [site map](#)

NEW YEARS SPECIAL

SPECIAL HOLIDAY OFFER FROM *SELF*

Give a **FREE** Gift Subscription When you Subscribe Now!



GO NOW ▶

[SUBSCRIPTION SERVICES](#) [CAREERS](#) [CONDÉ NAST STORE](#) [REPRINTS/PERMISSIONS](#)

CONDÉ NAST

For more great recipes & food news, visit:

- [Bon Appétit](#)
- [Epicurious](#)
- [Self](#)
- [ZipList](#)

Subscribe to a magazine:

Subscribe to a magazine:

© 2013 Condé Nast. All rights reserved

Use of this site constitutes acceptance of our [User Agreement](#) (effective 3/21/12) and [Privacy Policy](#) (effective 3/21/12)

The material on this site may not be reproduced, distributed, transmitted, cached or otherwise used, except with the prior written permission of Condé Nast. [Your California Privacy Rights](#) [Ad Choices](#)