

Fantasia

Producer of Exotic

Fruit & Plants

Specializing in Edibles



Services Offered:

- * Pruning & Grafting
- * Landscape & Orchard Consultations
- * Seminars, Lectures & Classes
- * Home Orchard Management

GARDENS Tom Del Hotal (619) 454-2628

NUTRIENTS FOUND IN NUTS AND SEEDS

28 g (1 oz.)	Calories	Total Fat (grams)	Carbs (grams)	Fiber (grams)	Also contains:
Almonds (about 20)	160 Calories from fat 120	Monounsaturated 9 Polyunsaturated 4 Saturated 1	4	3	Vitamin E, Complex vitamins B, B1 and B, Riboflavin and the minerals Magnesium, Calcium, Copper, Manganese, Iron, Zinc, and Potassium,
Hazelnuts (about 20)	177 Calories from fat 144	Monounsaturated 13 Polyunsaturated 2 Saturated 1	5	3	Vitamin E, Magnesium, Copper Manganese, Phosphorous
Macadamias (about 12)	200 Calories from fat 180	Monounsaturated 17 Polyunsaturated <1 Saturated 4	4	3	Thiamin, Manganese
Peanuts (about 25)	165 Calories from fat 117	Monounsaturated 7 Polyunsaturated 5 Saturated 2	6	2	Phosphorus, Niacin, Folate, Thiamin, Copper, Magnesium, Protein (7g)
Pecans (about 18)	195 Calories from fat 170	Monounsaturated 12 Polyunsaturated 6 Saturated 2	4	2	Calcium, Iron, Phosphorous, Potassium, Magnesium
Walnuts (about 15)	190 Calories from fat 154	Monounsaturated 3 Polyunsaturated 13 Saturated 2	4	1	Copper, Iron, Manganese, Zinc, Phosphorous, Vitamin B6, Omega 3, Linoleic Acid Considered the most heart healthy nut.
Cashews (about 14)	164 Calories from fat 113	Monounsaturated 7 Polyunsaturated 3 Saturated 3	8	1	Copper, Manganese, Thiamin, Calcium, Phosphorous
Brazils (about 7)	185 Calories from fat 157	Monounsaturated 7 Polyunsaturated 6 Saturated 4	3	1	Dietary Selenium, Phosphorous, Magnesium, Copper.
Pistachios (about 45)	160 Calories from fat 109	Monounsaturated 7 Polyunsaturated 4 Saturated 2	5	3	Vitamin B6, Phosphorus, Thiamin, Copper, Manganese The only nut to offer significant amounts of lutein and zeaxanthin.
Soynuts	133 Calories from fat 60	Monounsaturated 2 Polyunsaturated 4 Saturated 1	9	5	Vitamin K, Folate, Manganese, Protein (10g)
Chestnuts (about 3)	60 Calories	Monounsaturated .33 Polyunsaturated .34 Saturated .2	13	2.3	Vitamins C, B1 and B2, Folate Protein (.7g)