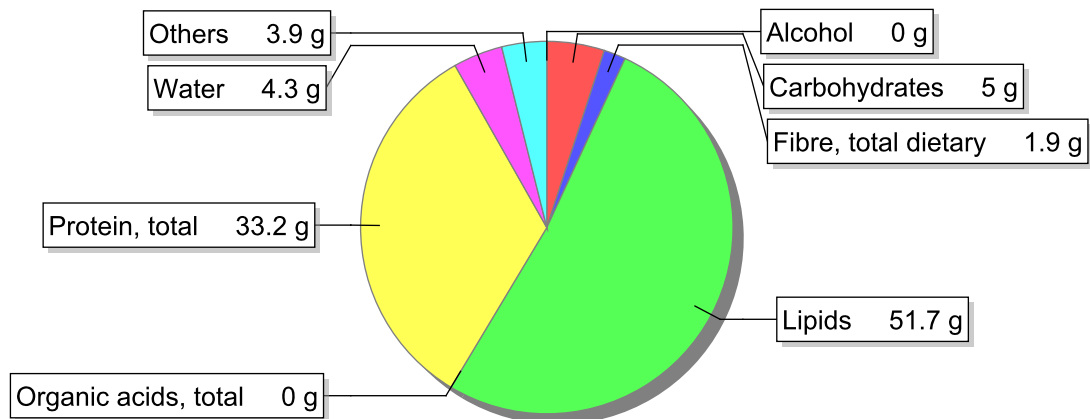


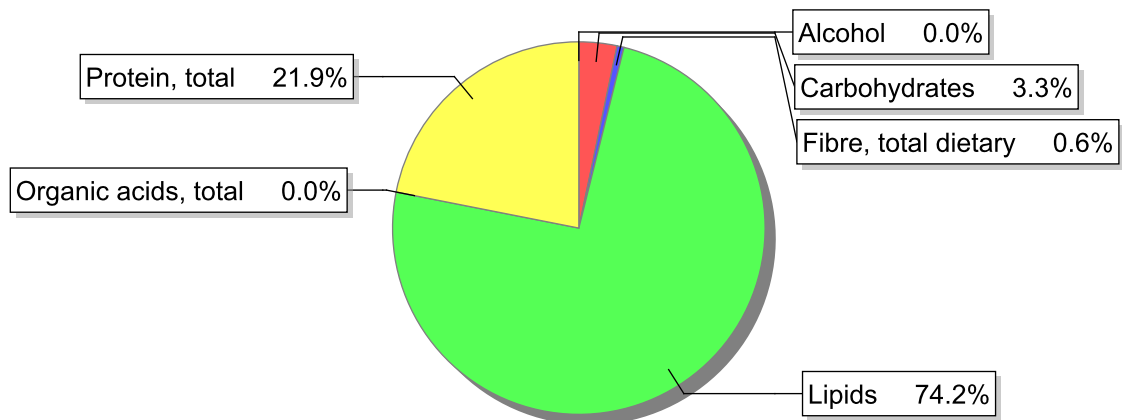
## Food

**Name:** Pine nuts  
**Group:** Fruit  
**Subgroup:** Fat and starchy fruit  
**Edible Part:** 100%  
**Code:** IS709  
**FoodEX2 Code:** A014P

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	622	kcal	
energy kJ, total metabolisable	2580	kJ	
fatty acids, total saturated	3.5	g	
fatty acids, total monounsaturated	15	g	
fatty acids, total polyunsaturated	31	g	
fatty acid 18:2 n-6 cis,cis	30.0	g	
fatty acids, total trans	0	g	
sugars, total	2.4	g	57
sucrose	2.4	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0	g	
<b>salt</b>	0.0	g	
<b>starch, total</b>	2.6	g	57
<b>protein, total</b>	33.2	g	57
<b>alcohol</b>	0	g	57
<b>water</b>	4.3	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	0	mg	57
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	0	µg	57
<b>carotene, total (vitamin A precursors)</b>	0	µg	57
<b>vitamin D</b>	0	µg	57
<b>alpha-tocopherol</b>	10	mg	
<b>thiamin</b>	0.39	mg	57
<b>riboflavin</b>	0.22	mg	
<b>niacin, preformed</b>	2.7	mg	57
<b>niacin equivalents, total</b>	8.9	mg	
<b>niacin equivalents from tryptophan</b>	6.2	mg	
<b>vitamin B-6, total</b>	0.11	mg	
<b>vitamin B-12</b>	0	µg	57
<b>vitamin C</b>	0	mg	
<b>folate, total</b>	57	µg	
<b>ash</b>	4.26	g	
<b>sodium</b>	1	mg	
<b>potassium</b>	780	mg	
<b>calcium</b>	54	mg	57
<b>phosphorus</b>	350	mg	
<b>magnesium</b>	270	mg	
<b>iron, total</b>	4.7	mg	57
<b>zinc</b>	6.5	mg	

## Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

## References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB