

Carbs in Nuts & Seeds

The vegetables are listed below in 28 gram (1oz) quantities for easy comparison.

| Nuts and Seeds | Net Carbs (g) | Fiber g | Total Carbs g | Fat g | Protein g | Calories |
|--------------------------------|------------------|------------|------------------|----------|--------------|----------|
| Almonds | 2.9 | 3.1 | 6.0 | 14.2 | 6.0 | 161 |
| Brazil Nuts | 1.3 | 2.1 | 3.4 | 18.8 | 4.0 | 184 |
| Cashews | 8.4 | 0.9 | 9.3 | 12.4 | 4.3 | 155 |
| Chestnuts, European, raw | 10.6 | 2.3 | 12.9 | 0.6 | 0.7 | 60 |
| Chia Seeds | 1.0 | 11.0 | 12.0 | 9.0 | 4.0 | 137 |
| Coconut, dried and unsweetened | 2.1 | 4.6 | 6.7 | 18.3 | 2.0 | 187 |
| Flax Seeds (2 tbsp, 24g) | 0.5 | 7.0 | 7.0 | 10.0 | 4.0 | 130 |
| Hazelnuts (1/4 cup,30g) | 1.0 | 4.0 | 5.0 | 16.0 | 5.0 | 180 |
| Madadamia Nuts | 1.5 | 2.4 | 4.0 | 21.5 | 2.0 | 204 |
| Peanuts (actually a legume) | 3.8 | 2.3 | 6.1 | 14.1 | 6.7 | 166 |
| Pecans | 1.1 | 2.7 | 3.8 | 20.4 | 2.7 | 193 |
| Pine Nuts | 2.7 | 1.0 | 3.7 | 19.4 | 3.8 | 188 |
| Pistachios (1/4 cup, 30g) | 5.0 | 3.0 | 8.0 | 14.0 | 6.0 | 160 |
| Pumpkin Seeds (1/4 cup, 30g) | 1.0 | 3.0 | 4.0 | 14.0 | 9.0 | 180 |
| Poppy Seeds (1 tbspn 8.8g) | 0.8 | 1.7 | 2.5 | 3.7 | 1.6 | 46 |
| Sacha Inchi Seeds (15g) | 1.0 | 2.0 | 3.0 | 1.0 | 9.0 | 60 |
| Sesame Seeds | 2.6 | 4.8 | 7.4 | 13.4 | 4.8 | 161 |
| Sunflower Seeds | 4.0 | 3.0 | 7.0 | 13.0 | 5.5 | 160 |
| Walnuts | 2.1 | 1.9 | 4.0 | 18.0 | 4.0 | 190 |
| Ginkgo Nuts | 8.1 | 2.6 | 10.7 | 0.5 | 1.2 | 216 |

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|-----------------------------------|-----|-----|-----|------|------|-----|
| Soy Nuts | 3.5 | 5.0 | 8.5 | 7.1 | 10.8 | 131 |
| Hemp Seeds, hulled (3 tbspn, 30g) | 1.4 | 1.2 | 2.6 | 14.6 | 9.5 | 166 |

Values obtained from the USDA Food Composition Database

www.KetoVegetarianRecipes.com