

## Nutrition Information for Peanut Calorimetry Lab

There are approximately ... 4 Cal / g in carbohydrates

... 4 Cal / g in proteins

... 9 Cal / g in fat

### Peanuts (per 28.3 g)

14.1 g fat

166 Calories (total)

126 Calories (from fat)



### Almonds (per 95 g)

47 g fat

546 Calories (total)

393 Calories (from fat)



### Cashews (per 28 g)

12 g fat

155 Calories (total)

103 Calories (from fat)



### Pistachios (per 123 g)

57 g fat

699 Calories (total)

473 g (from fat)

