

Nut Roasting & Nutrition Reference (Quick Guide)

OVEN ROASTING GUIDE (Unsalted Nuts)

Nut	Temp (°C)	Time	Visual / Aroma Cue
Walnuts	170	6–8 min	Lightly darkened; nutty aroma
Almonds	170–175	8–10 min	Golden tips; skins crackle
Cashews	165–170	8–10 min	Pale gold; creamy aroma
Peanuts	175	10–12 min	Deeper color; strong roast
Pecans	165	5–7 min	Glossy; very fragrant
Pistachios (shelled)	170	6–8 min	Green dulls slightly

- Stir once halfway. Pull early; carryover heat finishes roasting.

NUTRITION COMPARISON (Per 30 g, Roasted, Unsalted)

Nut	kcal	Protein (g)	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Omega-3 (g)
Walnuts	200	4.5	20.0	1.9	4.0	2.0	2.5
Almonds	175	6.5	15.0	1.1	6.5	3.5	0.0
Cashews	165	5.5	13.0	2.3	9.0	1.0	0.0
Peanuts	170	7.0	14.0	2.0	5.0	2.5	0.0
Pecans	205	3.0	21.0	1.8	4.0	3.0	0.3
Pistachios	170	6.0	13.5	1.7	8.0	3.0	0.1

- Walnuts are the primary omega-3 source. Peanuts, almonds, and pistachios lead for protein.

