

Nuts and Seeds 100 gram Serving	Cystine	Methionine	Calories
Dry Roasted Macadamia Nuts (Nuts Macadamia Nuts Dry Roasted Without Salt Added)	5mg	23mg	718
Macadamia Nuts (Nuts Macadamia Nuts Raw)	6mg	23mg	718
Shredded Coconut Meat (Nuts Coconut Meat Dried (Desiccated) Sweetened Shredded)	57mg	54mg	501
Dried Coconut (Nuts Coconut Meat Dried (Desiccated) Toasted)	105mg	99mg	592
Ginkgo Nuts (Nuts Ginkgo Nuts Raw)	23mg	55mg	182
Coconut Milk (Nuts Coconut Milk Canned (Liquid Expressed From Grated Meat And Water))	40mg	38mg	197
Dried Coconut (Unsweetened)(Nuts Coconut Meat Dried (Desiccated) Not Sweetened)	136mg	129mg	660
Dried Ginkgo Nuts (Nuts Ginkgo Nuts Dried)	55mg	133mg	348
Pecans (Nuts Pecans)	152mg	183mg	691
Dry Roasted Pecans (Nuts Pecans Dry Roasted Without Salt Added)	158mg	189mg	710
Chestnuts (Nuts Chestnuts European Raw Peeled)	52mg	38mg	196
Acorns (Dried)(Nuts Acorns Dried)	144mg	136mg	509
Dried Beechnuts (Nuts Beechnuts Dried)	197mg	146mg	576
Dry Roasted Almonds (Nuts Almonds Dry Roasted Without Salt Added)	214mg	155mg	598
Walnuts (Nuts Walnuts English)	208mg	236mg	654
Dried Pine Nuts (Nuts Pine Nuts Pinyon Dried)	210mg	207mg	629
Almond Butter (Nuts Almond Butter Plain Without Salt Added)	242mg	122mg	614
Almonds (Nuts Almonds)	215mg	157mg	579
Dried Pilinuts (Nuts Pilinuts Dried)	189mg	395mg	719
Roasted Chestnuts (Nuts Chestnuts European Roasted)	101mg	75mg	245
Dried Japanese Chestnuts (Nuts Chestnuts Japanese Dried)	153mg	126mg	360
Dry Roasted Hazelnuts (Nuts Hazelnuts Or Filberts Dry Roasted Without Salt Added)	278mg	222mg	646
Boiled Japanese Chestnuts (Nuts Chestnuts Japanese Boiled And Steamed)	24mg	20mg	56
Hazelnuts (Nuts Hazelnuts Or Filberts)	277mg	221mg	628
Pine Nuts (Dried)(Nuts Pine Nuts Dried)	289mg	259mg	673
Dried Hickorynuts (Nuts Hickorynuts Dried)	271mg	300mg	657
Boiled Chestnuts (Nuts Chestnuts European Boiled And Steamed)	63mg	47mg	131
Dry-Roasted Mixed Nuts (Salted)(Nuts Mixed Nuts Dry Roasted With Peanuts Without Salt Added)	281mg	260mg	607
Breadfruit Nuts (Seeds)(Seeds Breadfruit Seeds Boiled)	83mg	69mg	168
Roasted Chinese Chestnuts (Nuts Chestnuts Chinese Roasted)	117mg	108mg	239
Chinese Chestnuts (Nuts Chestnuts Chinese Raw)	110mg	101mg	224
Boiled Chinese Chestnuts (Nuts Chestnuts Chinese Boiled And Steamed)	75mg	70mg	153
Dried Chinese Chestnuts (Nuts Chestnuts Chinese Dried)	179mg	165mg	363
Dry-Roasted Cashews (Nuts Cashew Nuts Dry Roasted Without Salt Added)	283mg	274mg	574
Dry Roasted Peanuts (Peanuts All Types Dry-Roasted Without Salt)	304mg	291mg	587
Cashew Butter (Nuts Cashew Butter Plain Without Salt Added)	325mg	315mg	587
Pistachio Nuts (Nuts Pistachio Nuts Raw)	292mg	360mg	560
Dry Roasted Pistachio Nuts (Nuts Pistachio Nuts Dry Roasted Without Salt Added)	305mg	375mg	572
Safflower Seeds (Seeds Safflower Seed Kernels Dried)	311mg	284mg	517
Oil Roasted Cashews (Nuts Cashew Nuts Oil Roasted Without Salt Added)	364mg	334mg	580
Roasted Squash And Pumpkin Seeds (W/ Shells)(Seeds Pumpkin & Squash Seeds Whole Roasted W/O Salt)	228mg	417mg	446
Flax Seeds (Seeds Flaxseed)	340mg	370mg	534
Dried Lotus Seeds (Seeds Lotus Seeds Dried)	201mg	267mg	332
Lotus Seeds (Seeds Lotus Seeds Raw)	54mg	72mg	89
Dry Roasted Sunflower Seeds (Seeds Sunflower Seed Kernels Dry Roasted Without Salt)	383mg	420mg	582
Sesame Butter (Tahini)(Seeds Sesame Butter Tahini From Roasted And Toasted Kernels (Most Common Type))	343mg	561mg	595
Cashews (Raw)(Nuts Cashew Nuts Raw)	393mg	362mg	553
Roasted Squash And Pumpkin Seeds (Pepitas) (Unsalted)(Seeds Pumpkin & Squash Seed Kernels Roasted W/O Salt)	327mg	595mg	574
Roasted Squash And Pumpkin Seeds (Pepitas) (Salted)(Seeds Pumpkin & Squash Seed Kernels Roasted W/ Salt Added)	327mg	595mg	574
Sesame Seeds (Toasted)(Seeds Sesame Seeds Whole Roasted And Toasted)	342mg	560mg	565
Dry Roasted Sunflower Seeds (With Salt)(Seeds Sunflower Seed Kernels From Shell Dry Roasted With Salt Added)	383mg	420mg	546
Coconut Water (Nuts Coconut Water (Liquid From Coconuts))	14mg	13mg	19
Dried Pumpkin And Squash Seeds (Seeds Pumpkin And Squash Seed Kernels Dried)	332mg	603mg	559
Raw Sesame Butter (Tahini)(Seeds Sesame Butter Tahini From Raw And Stone Ground Kernels)	360mg	588mg	570
Black Walnuts (Dried)(Nuts Walnuts Black Dried)	462mg	467mg	619
Dried Sunflower Seeds (Seeds Sunflower Seed Kernels Dried)	451mg	494mg	584
Brazilnuts (Nuts Brazilnuts Dried Unblanched)	306mg	1124mg	659
Butternuts (Dried)(Nuts Butternuts Dried)	484mg	611mg	612
Chia Seeds (Seeds Chia Seeds Dried)	407mg	588mg	486
Hemp Seeds (Seeds Hemp Seed Hulled)	672mg	933mg	553