

The hazelnut is a type of nut that comes from the *Corylus* tree.

Hazelnuts have a sweet flavor and can be eaten raw, roasted or ground into a paste.

One ounce (28 grams) of hazelnuts contains:

- **Calories:** 176
- **Total fat:** 17 grams
- **Protein:** 4.2 grams
- **Carbs:** 4.7 grams
- **Fiber:** 2.7 grams
- **Vitamin E:** 21% of the RDI
- **Thiamin:** 12% of the RDI
- **Magnesium:** 12% of the RDI
- **Copper:** 24% of the RDI
- **Manganese:** 87% of the RDI

Hazelnuts also contain decent amounts of vitamin B6, folate, phosphorus, potassium and zinc.

Additionally, they are a rich source of mono- and polyunsaturated fats and contain a good amount of omega-6 and omega-9 fatty acids, such as oleic acid.

Furthermore, a one-ounce serving provides 11.2 grams of dietary fiber, which accounts for about 11% of the RDI.

However, hazelnuts contain [phytic acid](#), which has been shown to impair the absorption of some minerals, like iron and zinc, from the nuts.

The benefits:

1. Hazelnuts are a rich source of vitamins and minerals like vitamin E, manganese and copper. Additionally, they have a high content of omega-6 and omega-9 fatty acids.

2. Hazelnuts are rich in phenolic compounds that have been shown to increase antioxidant protection in the body. It is best to eat hazelnuts whole and unroasted to ensure you get the highest concentration of antioxidants.

Eating nuts has been shown to protect the heart.

In hazelnuts, the high concentration of antioxidants and healthy fats may increase antioxidant potential and [lower cholesterol levels](#) in the blood.

3. The high content of fatty acids, dietary fiber, antioxidants, potassium and magnesium in hazelnuts seems to help normalize blood pressure.

In general, eating 29 to 69 grams of hazelnuts per day has been linked to improvements in heart health parameters.

4. The high concentration of antioxidant compounds, vitamin E and manganese in hazelnuts may help decrease the risk of certain cancers, though more research is needed.
5. Hazelnuts may help prevent and decrease inflammation due to their high concentrations of healthy fats. Nevertheless, other factors are also important.
6. Hazelnuts contain several compounds that may help lower blood sugar levels. However, the evidence is limited and their potential benefits need to be studied further.
7. Hazelnuts can be found whole, sliced, ground, raw or roasted. They are commonly eaten as a snack or added to baked goods and other dishes. It's best to eat them with the skin on.