

Calorie chart: nut and seed butters (PDF)

Calories, protein, carbohydrate and fat for 22 foods, per serving and per 100 g.

Updated October 2026

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Almond Butter	1 tbsp (16 g)	98	614	21	18.8	55.5
Cashew Butter	1 tbsp (16 g)	94	587	17.6	27.6	49.4
Chunky Peanut Butter	2 tbsp (32 g)	188	589	24.1	21.6	49.9
Chunky Peanut Butter Fortified	1 cup (258 g)	1530	593	26.1	17.7	51.5
Chunky Peanut Butter No Salt Added	1 cup (258 g)	1520	589	24.1	21.6	49.9
Creamy Peanut Butter with Omega-3	1 tbsp (16 g)	97	608	24.5	17	54.2
Peanut Butter	2 tbsp (32 g)	191	598	22.2	22.3	51.4
Peanut Spread Reduced Sugar	2 tbsp (31 g)	202	650	24.8	14.2	54.9
Reduced Fat Peanut Butter	2 tablespoon (36 g)	187	520	25.9	35.7	34
Reduced Sodium Peanut Butter	1 tbsp (16 g)	94	590	24	21.8	49.9
Salted Almond Butter	1 cup (250 g)	1535	614	21	18.8	55.5
Salted Cashew Butter	1 oz (28.4 g)	173	609	12.1	30.3	53
Salted Sunflower Seed Butter	1 oz (28.4 g)	175	617	17.3	23.3	55.2
Sesame Paste	1 tbsp (16 g)	94	586	18.1	24.1	50.9
Smooth Peanut Butter	1 cup (258 g)	1517	588	21.9	24	49.5
Smooth Peanut Butter Fortified	1 cup (258 g)	1525	591	25.7	18.8	50.8
Stone Ground Raw Tahini	1 oz (28.4 g)	162	570	17.8	26.2	48
Sunflower Seed Butter	1 tbsp (16 g)	99	617	17.3	23.3	55.2
Tahini	1 tbsp (15 g)	89	595	17	21.2	53.8
Tahini Kernel Type Unspecified	1 tbsp (15 g)	89	592	17.4	21.5	53
Unroasted Tahini	1 oz (28.4 g)	172	607	18	17.9	56.4
Unsalted Peanut Butter	2 tbsp (32 g)	191	598	22.2	22.3	51.4

Source: USDA FoodData Central, SR Legacy and FNDDS (public domain). Per-100 g values are USDA figures; serving values are scaled by weight.
Interactive tables and Nutrition Facts labels: <https://nutritionfactlabel.com/nutrition-database/nut-and-seed-butters/>