



Pine Nuts: Tasty, Healthy, but *Spenny*

124

Number of pesto-infused recipes on AllRecipes.com

The primary taste profile is **rich and buttery**, thanks to their high fat content. While not as pronounced as other nuts, they do have a **distinct nutty flavor**.

23%

Recommended daily allowance of magnesium in 1 oz of pine nuts

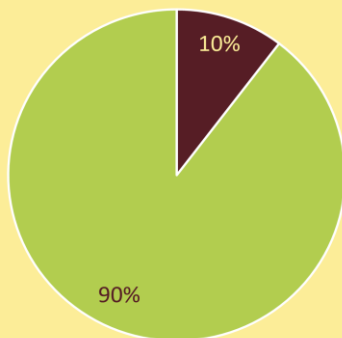
Pine nuts are **rich in magnesium, iron, antioxidants, zinc, and protein**, which can help with diabetes management, heart health, and brain health.

D
E
M
A
N
D

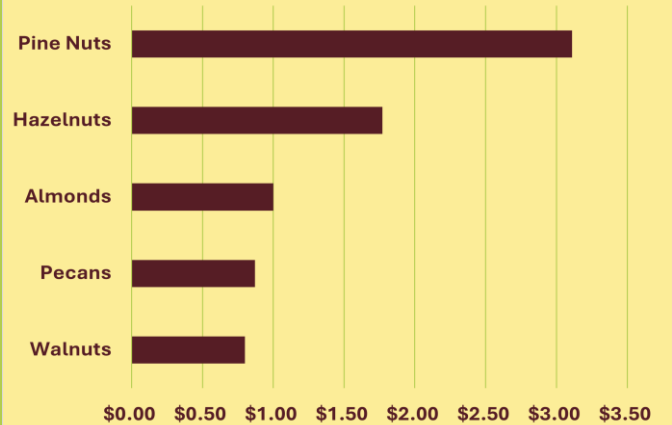
S
U
P
P
L
Y

Pine Nut Species

■ Edible ■ Inedible



Cost Per Ounce



25-30

Years before some pinecones “bloom”

Pine trees take time to mature. Pine trees are also **difficult to harvest** and involve extremely **labor-intensive processes**.

6

Months of maximum shelf life if frozen

Due to their high-fat content, pine nuts tend to **go rancid**, and thus need to be kept in optimal storage, **further adding to costs**.

Sources:

WebMD.com, “Health Benefits of Pine Nuts,” <https://www.webmd.com/diet/health-benefits-pine-nuts>

Samuels, Robyn, “Why Are Pine Nuts So Expensive?” Crush.com, <https://crushmag-online.com/why-are-pine-nuts-expensive/>

Image credit: 국립국어원, Jat (pine nut) (Pinus koraiensis).jpg [https://commons.wikimedia.org/wiki/File:Jat_\(pine_nut\)_\(Pinus_koraiensis\).jpg](https://commons.wikimedia.org/wiki/File:Jat_(pine_nut)_(Pinus_koraiensis).jpg)