

00510

Pistachio, Raw Kernels Shelled 80% whole

ING: California pistachios

Country of Origin: USA

| Nutrition Facts | | | |
|---|--------|---------------------------|-------------|
| Serving Size | | 28g (-1 oz.) | |
| Servings per Container | | ix. 16.2 servings / Pound | |
| Amount Per Serving | | | |
| Calories | | 157 | |
| Calories from Fat | | 105 | |
| % Daily Value* | | | |
| Total Fat | 13g | 19 | % |
| Saturated Fat | 2g | 8 | % |
| Trans Fat | | | % |
| Cholesterol | 0mg | 0 | % |
| Sodium | 0mg | 0 | % |
| Total Carbohydrates | 8g | 3 | % |
| Dietary Fiber | 3g | 12 | % |
| Sugars | 2g | | |
| | | | |
| | | | |
| | | | |
| | | | |
| Protein | 5g | | |
| Vitamin A | 3 % | Vitamin C | 3 % |
| Calcium | 3 % | Iron | 7 % |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | | | |
| Calories: 2,000 2,500 | | | |
| Total fat less then | 65g | 80g | |
| Sat Fat less then | 20g | 25g | |
| Cholesterol less then | 300mg | 300m | |
| Sodium less then | 2400mg | 2400m | |
| Total Carbohydrates | 300g | 375g | |
| Dietary Fiber | 25g | 30 | |
| Calories per Gram | | | |
| Fat | 9 | Carbohydrate | 4 Protein 4 |