

Nutritional information table for
raw pistachios kernels

Nutrition Facts

Serving Size 20g pistachios kernels

5 Servings per 100 g

0.9 Servings per 1/8 cup (30ml – 17.1g) *

Energy per 20g serving :

Calories / Kilocalories 121.4 Cal / kcal **Kilojoules** 508kJ

Nutrients :	Per 1/8 cup (30ml)	Per 100g
Energy	434.6 kJ (103.9 Cal)	2540 kJ (607.1 Cal)
Protein	3.4g	19.7g
Fat Total	8.7g	50.8g
– saturated	1.0g	5.6g
– trans fat	0g	0g
– polyunsaturated fat	2.3g	13.7g
– Omega 3 fatty acids	44 mg	256 mg
– Omega 6 fatty acids	2265 mg	13250 mg
– monounsaturated fat	4.1g	23.8g
Cholesterol	0 mg	0 mg
Total Carbohydrate	2.6g	15.1g
Sugars	1.0g	5.9g
Dietary Fiber	1.7g	10.1g
Sodium, Na	1.2 mg	7 mg
Potassium, K	175.4 mg	1025 mg
Magnesium, Mg	20.7 mg	121 mg