



**RS 21/25 Inshell**

**Nutrition Facts**

Serving Size: 30 g kernels, about 49 kernels (nutritional facts based on edible portion only, without shells)

<b>Calories</b>	170
Fat Calories	120

	Amount/Serving	% Daily Value
<b>Total Fat</b>	14 g	21%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	0%
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	160 mg	7%
<b>Potassium</b>	270 mg	8%
<b>Polyunsaturated Fat</b>	4 g	
Monounsaturated Fat	7 g	
<b>Total Carbohydrate</b>	8 g	3%
Dietary Fiber	3 g	12%
Sugars	2 g	
<b>Protein</b>	6 g	

Vitamin A	2%
Vitamin C	2%
Calcium	2%
Iron	6%

Percent Daily Values (DV) are based on a 2000 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** California Pistachios and sea salt.