



RS 21/25 Inshell

Nutrition Facts

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

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|-----------------|-----|
| Calories | 170 |
| Fat Calories | 120 |

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