

AMERICAN PISTACHIO KERNELS

SUMMARY OF SPECIFICATIONS

Product:

Pistachio kernels

Flavor/Aroma:

Pistachio kernels should have no off odors or rancidity.

Forms:

Jumbo Whole Kernels: 80 percent or more by weight shall be whole kernels and not more than 5% of the total sample shall pass through a 24/64-inch round hole screen with not more than 1% passing through a 16/64-inch round hole screen.

Large Whole Kernels: 80 percent or more, by weight, shall be whole kernels and not more than 2% of the total sample shall pass through a 16/64-inch round hole screen.

Large Split Kernels: 75 percent or more, by weight, shall be half kernels split lengthwise and not more than 5% of the total sample shall pass through a 16/64-inch round hole screen.

Whole and Broken Kernels: A mixture of any combination of whole kernels or pieces. The percentage of whole kernels and/or pieces may be specified. Not more than 5% of the total sample shall pass through a 5/64-inch round hole screen.

Halves: Available for toppings and panning.

Halves and Pieces: Most common product for the food industry. Select halves for topping and smaller pieces for integration into dough, ice creams and frozen desserts.

Small Pieces: Integrate into dough, ice creams and frozen desserts. Suppliers have different names for small pieces including nuggets and pills.

Pistachio Meal: The smallest size of pistachio pieces is the meal/flour. This can be smaller than small pieces all the way down to a powder. Typically, the meal is sterilized to add shelf life. The meal is utilized as a topping in bakery items and is also a base ingredient for making pastes and further products such as pistachio fillings.

Pistachio Oil: Potential as a food ingredient in baking, confectionery and snack food applications.

Pistachio Pastes and Butters: Processed to create pistachio paste, combined with glucose to present marzipan-like fillings used in bakery and confectionery items. Commercial pistachio butters are available as flavoring ingredients and fillings.

Characteristics:

- Moisture Content: 2.5-4.1%
- Ash: 2.95-3.55%
- Crude Fiber: 1.74-2.19%
- Water Activity: 0.75 or less
- Protein: 55.2-60.5%
- Specific Gravity: 0.930
- Smoke Point: 350-355°F
- Allergens: Pistachios may be processed and/or packaged in facilities that also handle other nuts.

Country of Origin:

USA: California, Arizona, New Mexico

Packaging:

25 lb. cases, poly-lined containers.

Storage & Handling:

- Best stored at 0-3°C or 32-40°F and 55-70% relative humidity.
- Keep cases with inner poly liner sealed in case until ready to use.
- Pistachios contain natural antioxidants that protect freshness.

Shelf Life:

Use within one year of pack date for optimal freshness.

FACT SHEET

NUTRITION FACTS

SERVING SIZE
1 OZ. (28.35 G) OR

49 ROASTED/SALTED PISTACHIO KERNELS

Amount Per Serving

Calories	160	Calories from Fat	120
% Daily Value*			
Total Fat	13g	20%	
Saturated Fat	1.5g	8%	
Trans Fat	0g		
Polyunsaturated Fat	4g		
Monounsaturated Fat	7g		
Cholesterol	0mg	0%	
Sodium	120mg	5%	
Potassium	290mg	8%	
Total Carbohydrate	8g	3%	
Dietary Fiber	3g	12%	
Sugars	2g		
Protein	6g		
Vitamin A	2%	Vitamin C	2%
Calcium	4%	Iron	6%
Vitamin E	2%	Thiamin	15%
Vitamin B ₆	15%	Folate	4%
Phosphorus	15%	Magnesium	8%
Zinc	4%	Selenium	4%
Copper	20%		

*Percent Daily Values are based on a 2,000 calorie diet. Daily Values may be higher or lower depending on your calorie needs. Data from the USDA National Nutrient Database for Standard Reference, Release 27 (2015).



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USAGE TIPS



Bakery

- Pistachio kernels are a value-added ingredient in a wide range of commercial bakery items including: artisan breads, sweet breads, muffins, bagels, cookies, baklava and others. They mix well into dough without adverse color or acidic reactions. Pistachio pieces are used as toppings and small pieces and meal work as aesthetic enhancement to sweet goods such as Danish pastries and donuts.
- Most bakers order whole pistachio kernels, halves and pieces as a standard item from bakery or foodservice suppliers or directly from APG member processors. If your supplier does not carry pistachio kernels – ask and they will obtain this for you.
- Pick the whole pieces from the top and smaller pieces and meals can be sorted from the case.
- Pistachio kernels are a traditional item in Middle Eastern bakery and confectionery, which is a fast developing market category in North America.

Confectionery

- Pistachio pieces are naturally shaped for efficient panning with chocolate, carob and other coatings. Select halves and pieces.
- The green color of pistachio kernels offers interesting contrast to dark, white and light chocolates.
- Pistachio kernels are used over the world in popular Mediterranean and Middle Eastern confections such as Baklava, Halva and others. Pieces and pastes of pistachio form unique confectionery centers, and halves and pieces make attractive toppings.



Snacks

- Clean and well-dried pistachio kernels impart no off flavors. They accept strong spices such as chili and lime as well as sweet and savory coatings. They maintain a distinctive pistachio flavor and create synergistic new flavor combinations.
- Pistachios are synergistic with a variety of snack flavorings including salt, garlic, chile and curry.



Prepared Foods and Entrees

- Pistachios work well in frozen foods, maintaining a soft crunch. They also stand up to reheating and microwaving.
- Pistachio meal is used in sausages as a flavoring, texturizer and antioxidant.



Dairy

- Pistachio kernels are utilized in ice creams, frozen yogurts, gelatos and sorbets. They maintain a soft crunch and impart a distinctive pistachio flavor as well as their spectacular green color.



Other

- Through the efforts of APG, pistachios are becoming increasingly known for their nutritional benefits and as one of the lowest fat nuts. Consumer trends for healthier food options increase the perceived value of pistachios as a snack and as an ingredient.

Specifications are provided for the intended recipient and primary co-workers only and are not to be passed on to any third party without expressed authorization from American Pistachio Growers. Information contained herein is true and accurate to the best of our knowledge. Since the use of pistachios is out of our control, any recommendations or suggestions are made without warranty of any kind, expressed or implied. Purchasers are urged to conduct their own tests and analysis to determine the safety and effectiveness of pistachios as an ingredient in their product and production processes.



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