

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 26 (2014).

