

Pistachios - Red, Roasted & Salted

Nutrition Facts

Serving Size: 1/2 cup(60g)

Serving per Container:

Amount per Serving

Calories 170 Calories from Fat: 110

% Daily Value *

Total Fat	13 g	20 %
Saturated Fat	1.5 g	8 %
<i>Trans</i> Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	160 mg	7 %
Total Carbohydrates	9 g	3 %
Dietary Fiber	3 g	12 %
Sugars	2 g	
Protein	6 g	

Vitamin A 2% Vitamin C <2 %

Calcium 4% Iron 6 %

* Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram

Fat 9 Carbohydrates 4 Protein 4

Ingredients

Pistachios, Salt, Color (not less than 4.1% Propylene Glycol, Titanium Dioxide, FD&C Red #40 Aluminum Lake)

*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.