

Pistachios, Salted, In Shell

Nutrition Facts

1 servings per container

Serving size 17 g without shells (35 g with shells)

Amount per serving

Calories 100

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Polyunsaturated Fat 2.5g

Monounsaturated Fat 4g

Cholesterol 0mg 0%

Sodium 100mg 4%

Total Carbohydrate 5g 2%

Dietary Fiber 2g 6%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 18mg 2%

Iron 1mg 4%

Potassium 171mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: PISTACHIOS, SALT.

MAY CONTAIN: PEANUTS, OTHER TREE NUTS