

The POWER of PISTACHIOS®



According to the FDA, “Scientific evidence suggests but does not prove that eating 42g per day of most nuts, such as pistachios, as part of a diet low in saturated fat and cholesterol, **may reduce the risk of heart disease.**”

Pistachios, with 6g protein, are a **“good source”** and **“complete protein,”** with 10% DV, and contain all the essential amino acids. Gram for gram pistachios have more protein than lentils, paneer and chickpeas.

A 28g serving of pistachios **equals 49 nuts** — more per serving than any other snack nut.

Nutrition Facts

1 serving per container
Serving size 1oz/49 kernels (28g)

Amount per serving
Calories 160

% Daily Value*

Total Fat 13g **17%**

Saturated Fat 1.5g **8%**

TransFat 0g

Polyunsaturated Fat 4g

Monounsaturated Fat 7g

Cholesterol 0mg **0%**

Sodium 120mg **5%**

Total Carbohydrate 8g **3%**

Dietary Fiber 3g **11%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 6g **10%**

Vitamin D 0mcg 0% • Calcium 30mg 2%

Iron 1mg 6% • Potassium 290mg 6%

Thiamin 0.2mg 15% • Riboflavin 0.1mg 6%

Vitamin B6 0.3mg 20% • Phosphorus 133mg 10%

Magnesium 31mg 8% • Copper 0.4mg 40%

Manganese 0.4mg 15%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.



Pistachios, like olive oil, primarily **contain monounsaturated fat**. The *Dietary Guidelines for Americans* recommend you get most of your fats from sources of polyunsaturated and monounsaturated fatty acids.

You can obtain as much dietary fiber from a 50g serving of pistachios (5.3g) as from 50g of brown rice (2.2g), spinach (1.4g) and papaya (1.4g).

57g of pistachio kernels has more potassium (580mg, 12 percent DV) than a large banana (487mg, 10 percent DV).

Pistachios contain more than 10% of the Daily Value (DV) of protein, dietary fiber and essential vitamins and minerals like B6, thiamin, copper and phosphorus.

Pistachios are a **naturally cholesterol-free** snack that contain only 1.5g of saturated fat.



AmericanPistachios.in