

**SHELLED
PISTACHIOS**

Nutrition Facts	
Serving Size 1 oz. (28g/about 1/4 cup)	
Servings Per Container 2	
Amount Per Serving	
Calories 160 Calories from Fat 120	
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 6g	
Vitamin A 2% • Vitamin C 2%	
Calcium 2% • Iron 6%	
Thiamin 15% • Vitamin B6 15%	
Phosphorus 15% • Copper 20%	
Manganese 15% • Molybdenum 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: PISTACHIO NUTS, SHELLED, VEGETABLE OIL (PEANUT, COTTONSEED, SOYBEAN AND/OR SUNFLOWER SEED), SALT.

ALLERGEN INFORMATION: MAY CONTAIN PEANUTS AND/OR OTHER TREE NUTS.

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