Nutrition Facts

Pistachio Nuts **Serving size (100g)**

Amount Per Serving

Calories **560**

	www.ihcare.ae % Daily Value*
Total Fat 44g	**56%**
Saturated Fat 5.4g	**27%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 28g	**10%**
Dietary Fiber 9g	**32%**
Total Sugars 8g	
Includes 0g Added Sugars	**0%**
Protein 21g	**42%**
Vitamin D 0mcg	0%
Calcium 143mg	10%
Iron 4.14mg	25%
Potassium 0mg	0%
Vitamin A	10%
Vitamin C	8%

*The % Daily Value (DV) 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.