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Pistachios Roasted and Salted - 12 oz



PRODUCT #: 7021
UPC: 733739070210
SRP: $4.49
Where to Buy
Add a Comment

Pistachios are a prime edible nut that has been consumed since 7000 BC. The pistachio tree,which can live and produce for centuries, is native to Western Asia and Asia Minor. Pistachios were first introduced to the United States in 1854 by Charles Mason, but were not grown commercially until the late 1970's.

Today, Pistachios are used in numerous food applications including bakery goods, candy, ice cream, dressings and casseroles. They are a good source of copper, magnesium, fiber, calcium and iron.

The FDA has approved the following health claim: "Scientific evidence suggests but does not prove that eating 1.5 ounces 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."

Nutrition Info

Servings Per Container: 12
Serving Size: 1/4 cup

	Amount Per Serving	% Daily Value
Calories	160	
Calories from fat	130	
Total Fat	14 g	22%
Saturated fat	2 g	10%
Cholesterol	0 g	0%
Sodium	200 mg	8%
Total Carbohydrate	5 g	2%
Dietary Fiber	3 g	12%
Sugars	2 g	
Protein	6 g	
Vitamin A		0%
Calcium		4%
Magnesium		14%
Vitamin C		0%
Iron		6%
Copper		30%

* Percent Daily Values are based on 2,000 calorie diet.
† Daily Value not established.

Details

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Leaves of Tea, Tea Chest



Serving Size: 1/4 cup

Servings per container: 12

Other Ingredients: Pistachios, salt added

Warnings: None

Disclaimers: None

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