

Nutrients and % DV in 1 Ounce of Pistachios¹

| Nutrient | Units | Pistachios |
|-----------------------|-----------------|------------|
| | # of kernels/oz | 49 |
| Calories | Calories (%DV)* | 160 (8) |
| Protein | g** | 6 |
| Total Fat | g (%DV) | 13 (17) |
| Saturated Fat | g | 1.5 (8) |
| Monounsaturated Fat | g | 7 |
| Polyunsaturated Fat | g | 4 |
| Linoleic acid (18:2) | g | 3.5 |
| Linolenic acid (18:3) | g | 0 |
| Cholesterol | mg*** (%DV) | 0 (0) |
| Carbohydrate | g (%DV) | 8 (3) |
| Fiber | g (%DV) | 3 (11) |
| Calcium | mg (%DV) | 30 (2) |
| Iron | mg (%DV) | 1.14 (6) |
| Magnesium | mg (%DV) | 31 (8) |
| Phosphorus | mg (%DV) | 133 (10) |
| Potassium | mg (%DV) | 285 (6) |
| Sodium | mg (%DV) | 2 (0) |
| Zinc | mg (%DV) | 0.66 (6) |
| Copper | mg (%DV) | 0.37 (40) |
| Manganese | mg (%DV) | 0.35 (15) |
| Selenium | mcg **** (%DV) | 2.8 (6) |
| Vitamin C | mg (%DV) | 0.9 (0) |
| Thiamin | mg (%DV) | 0.2 (15) |
| Riboflavin | mg (%DV) | 0.07 (6) |
| Niacin | mg NE (%DV) | 0.39 (2) |
| Pantothenic acid | mg (%DV) | 0.15 (2) |
| Vitamin B6 | mg (%DV) | 0.32 (20) |
| Folate | mcg DFE (%DV) | 14 (4) |
| Choline, total | mg (%DV) | 20.2 (4) |
| Betaine | mg | 0.2 |
| Vitamin B12 | mcg (%DV) | 0 (0) |
| Vitamin A | mcg RAE (%DV) | 4 (0) |
| Carotenoids | | |
| Carotene, beta | mcg | 45 |
| Carotene, alpha | mcg | 0 |
| Cryptoxanthin, beta | mcg | 0 |

| | | |
|---------------------|-----------|---------|
| Lutein + zeaxanthin | mcg | 329 |
| Vitamin K | mcg | 3.7 (4) |
| Vitamin D | mcg (%DV) | 0 (0) |
| Vitamin E | (%DV) | (4) |
| Tocopherol, alpha | mg | 0.62 |
| Tocopherol, beta | mg | 0.04 |
| Tocopherol, gamma | mg | 6.64 |
| Tocopherol, delta | mg | 0.16 |

Source: USDA National Nutrient Database for Standard Reference, Release 28, Full Report, 2015; Daily values (DVs) based on the new DVs published 7-20-16 in the Federal Register.

*% DV= % Daily Value ; **g = gram; ***mg = milligram; ****mcg = microgram; DVs for calories, protein, fat, cholesterol, carbohydrate and fiber are based on a 2,000 calorie diet.

¹Nuts are unsalted, dry roasted.