

Nutrients and %DV in 1 Ounce (28 g) of Dry Roasted Pistachios, unsalted

Nutrient (unit of measure*)	Amount of nutrient*	% Daily Value++
Calories (Kcal)	161	--
Protein (g)	6	--
Total Fat (g)	13	20
Saturated Fat (g)	1.5	8
Monounsaturated Fat (g)	7	--
Polyunsaturated Fat (g)	4	--
Linoleic Acid (g)	4	--
Linolenic Acid (g)	0	--
Cholesterol (mg)	0	--
Carbohydrate (g)	8	3
Sugars (g)	2	--
Fiber (g)	3	12
Calcium (mg)	30	4
Iron (mg)	1	6
Magnesium (mg)	31	8
Phosphorus (mg)	133	15
Potassium (mg)	285	8
Sodium (mg)	2	0
Zinc (mg)	0.66	4
Copper (mg)	0.367	20
Manganese (mg)	0.35	20
Selenium (mcg)	2.8	4
Vitamin C (mg)	0.9	2
Thiamin (mg)	0.2	15
Riboflavin (mg)	0.07	4
Niacin (mg)	0.4	2
Pantothenic Acid (mg)	0.15	2
Vitamin B ₆ (mg)	0.32	15
Folate (mcg)	14	4
Choline (mg)	20.2	4
Betaine (mg)	0.2	--
Vitamin B ₁₂ (mcg)	0	0
Vitamin A (IU)	73	2
Vitamin K (mcg)	3.7	--
Vitamin D (IU)	0	0
Vitamin E		2
Tocopherol, Alpha (mg)	0.69	
Tocopherol, Beta (mg)	0.04	
Tocopherol, Gamma (mg)	6.68	
Tocopherol, Delta (mg)	0.15	

Nutrient (unit of measure*)	Amount of nutrient⁺	% Daily Value⁺⁺
Carotenoids		--
Carotene, Beta (mcg)	44	
Carotene, Alpha (mcg)	0	
Cryptoxanthin, Beta (mcg)	0	
Lutein + Zeaxanthin (mcg)	329	
Phytosterols[°]	82	--
Stigmasterol (mg)	1	
Campesterol (mg)	3	
Beta-sitosterol + Other sterols mg)	57 + 21	

*Kcal = kilocalorie; g = gram; mg = milligram; mcg = microgram; IU = International Unit

⁺Source: USDA National Nutrient Database for Standard Reference, Release 23, 2010 and Covance Laboratories

⁺⁺ % Daily Value for labeling; -- means no DV established

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