

Pistachios - Garlic

Nutrition Facts

Serving Size: 1/2 cup (30g)

Serving per Container:

Amount per Serving

Calories 170 Calories from Fat: 120

% Daily Value *

Total Fat 13 g 20 %

Saturated Fat 1.5 g 8 %

Cholesterol 0 mg 0 %

Sodium 160 mg 7 %

Total Carbohydrates 9 g 3 %

Dietary Fiber 3 g 12 %

Sugars 2 g

Protein 5 g

Vitamin A 4% Vitamin C 2 %

Calcium 4% Iron 6 %

* Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65 g 80 g

Sat Fat Less than 20 g 25 g

Cholesterol Less than 300 mg 300 mg

Sodium Less than 2,400 mg 2,400 mg

Total Carbohydrates 300 g 375 g

Dietary Fiber 25 g 30 g

Calories per gram

Fat 9 Carbohydrates 4 Protein 4

Ingredients:

Pistachios, Garlic Powder, Salt, Color
{(Yellow 5), citric acid, benzoate of soda},
Onion Powder