## **NUTRITION FACTS**

Serving size: 1oz (28g/about 49 nuts) Servings per container: 6

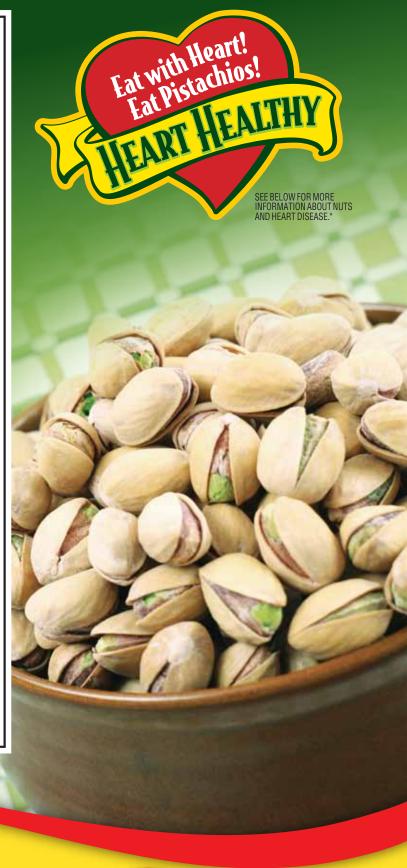
Amount Per Ser	ving		
Calories 160 C		Calories from Fat	120
		%Daily V	'alue
Total Fat		13g :	20%
Saturated Fat		1.5g	8%
Trans Fat		0g	
Polyunsatura	ated F	at 4g	
Monounsatu	rated	Fat 7g	
Cholesterol		0 mg	0%
Sodium		120 mg	5%
Potassium		290 mg	8%
Total Carbohydrate		<b>e</b> 8g	3%
Dietary Fiber		3g	<b>12</b> %
Sugars		<b>2</b> g	
Protein		6g	
Vitamin A	2%	Vitamin C	2%
Calcium	4%	Iron	6%
Vitamin E	2%	Thiamin	15%
Vitamin B <sub>6</sub>	15%	Folate	4%
Phosphorus	15%	Magnesium	8%
Zinc	4%	Selenium	4%

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

Daily Values may be higher or lower depending on your calorie needs.

20%

Copper



Nutrition Facts data from the USDA National Nutrient Database for Standard Reference, Release 26 (2014).

\*Scientific evidence suggests, but does not prove, that eating 1.5 oz. 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. See nutrition information for fat content.



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