

**NUTRITION VALUE OF PISTACHIO NUT (KERNEL), RAW**

Value for sample 100g

Item	Unit	Result
<b>Proximates</b>		
Energy	kcal	560
Protein	g	20.16
Carbohydrate	g	27.17
Fiber	g	10.6
Sugar	g	7.66
<b>Lipids</b>		
Total Fat	g	45.32
Saturated fat	g	5.907
Monounsaturated fat	g	23.257
Poly-unsaturated fat	g	14.38
Cholesterol	mg	0
<b>Minerals</b>		
Calcium	mg	105
Iron	mg	3.92
Magnesium	mg	121
Phosphorus	mg	490
Potassium	mg	1025
Sodium	mg	1
<b>Vitamins</b>		
Vitamin B6	mg	1.7
Vitamin C	mg	5.6
Vitamin E	mg	2.86
Vitamin D	IU	0

Source: USDA National nutrients database of standard reference, Release (2016), g=gram, mg=miligram, IU=International Limits.

Vietnam, August 31, 2020

Branch Manager

  
**SRIRAM JAYARAMAN**  
 Giám Đốc Chi Nhánh

