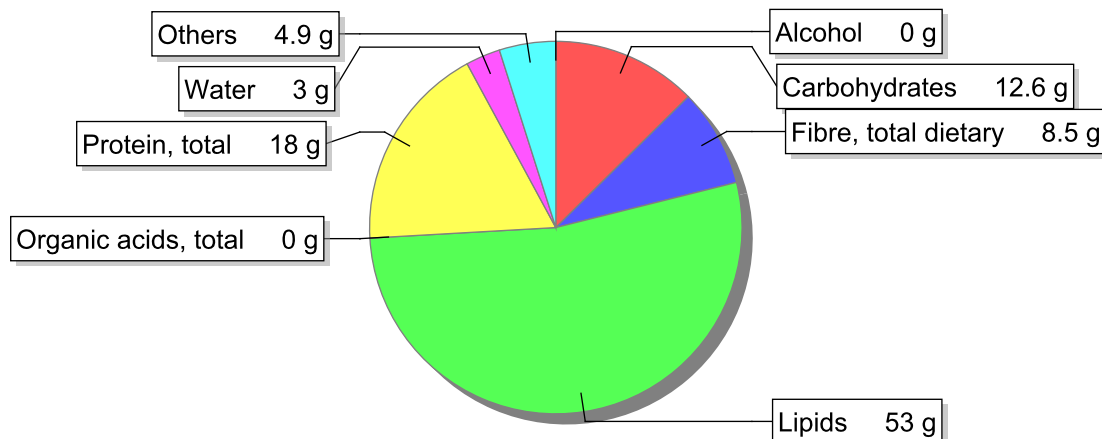


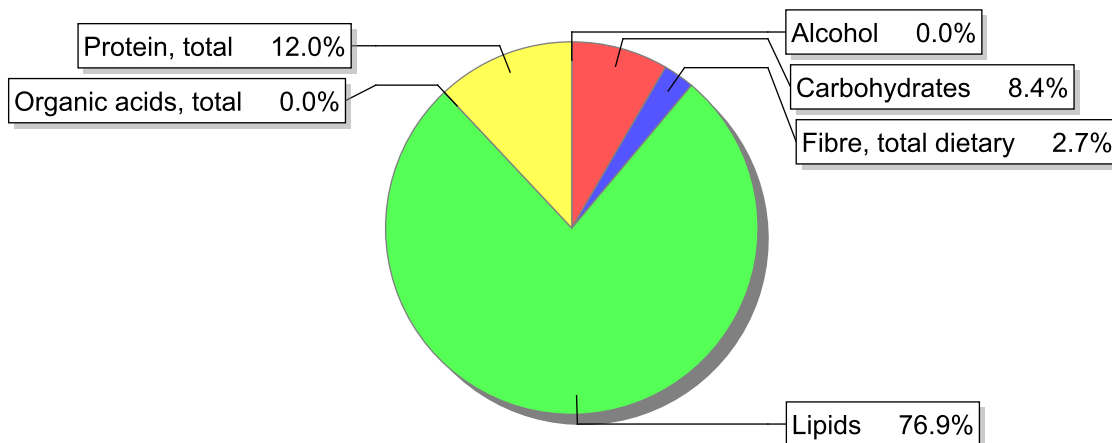
Food

Name: Pistachio nuts, roasted and salted
Group: Fruit
Subgroup: Fat and starchy fruit
Edible Part: 55%
Code: IS710
FoodEX2 Code: A014Q

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	616	kcal	
energy kJ, total metabolisable	2550	kJ	
fatty acids, total saturated	6.7	g	
fatty acids, total monounsaturated	35.7	g	
fatty acids, total polyunsaturated	8	g	
fatty acid 18:2 n-6 cis,cis	7.7	g	
fatty acids, total trans	0	g	
sugars, total	8.8	g	
sucrose	8.8	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	8.5	g	
protein, total	18	g	
alcohol	0	g	
water	3	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	23	µg	
carotene, total (vitamin A precursors)	140	µg	
vitamin D	0	µg	
alpha-tocopherol	5.2	mg	
thiamin	0.59	mg	
riboflavin	0.2	mg	
niacin, preformed	1.3	mg	
niacin equivalents, total	5.3	mg	
niacin equivalents from tryptophan	4	mg	
vitamin B-6, total	0.26	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	58	µg	
ash	4.90	g	
sodium	650	mg	
potassium	1050	mg	
calcium	140	mg	
phosphorus	500	mg	
magnesium	160	mg	
iron, total	7	mg	
zinc	2.2	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References