

# NUTRITION FACTS

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

## Amount Per Serving

Calories 160      Calories from Fat 120

		%Daily Value*	
<b>Total Fat</b>	13g	20%	
Saturated Fat	1.5g	8%	
Trans Fat	0g		
Polyunsaturated Fat	4g		
Monounsaturated Fat	7g		
<b>Cholesterol</b>	0mg	0%	
<b>Sodium</b>	120mg	5%	
<b>Potassium</b>	290mg	8%	
<b>Total Carbohydrate</b>	8g	3%	
Dietary Fiber	3g	12%	
Sugars	2g		
<b>Protein</b>	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%
Copper	20%		

\*Percent Daily Values are based on a 2,000 calorie diet.  
 Daily Values may be higher or lower depending on your calorie needs.



SEE BELOW FOR MORE INFORMATION ABOUT NUTS AND HEART DISEASE.\*



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.



**Keenan Farms, Inc.**

Tel: 559/945-1400

Plant location: 3150 Plymouth Ave  
 Kettleman City, CA 93239

Tel: 559 945-1400 / Fax: 559 945-1414

Email: info@keenanpistachio.com

www.keenanpistachio.com