

Nutrients and % DV in 1 Ounce of Pistachios¹

Nutrient	Units	Pistachios
	# of kernels/oz	49
Calories	Calories (%DV)*	160 (8)
Protein	g**	6
Total Fat	g (%DV)	13 (17)
Saturated Fat	g	1.5 (8)
Monounsaturated Fat	g	7
Polyunsaturated Fat	g	4
Linoleic acid (18:2)	g	3.5
Linolenic acid (18:3)	g	0
Cholesterol	mg*** (%DV)	0 (0)
Carbohydrate	g (%DV)	8 (3)
Fiber	g (%DV)	3 (11)
Calcium	mg (%DV)	30 (2)
Iron	mg (%DV)	1.14 (6)
Magnesium	mg (%DV)	31 (8)
Phosphorus	mg (%DV)	133 (10)
Potassium	mg (%DV)	285 (6)
Sodium	mg (%DV)	2 (0)
Zinc	mg (%DV)	0.66 (6)
Copper	mg (%DV)	0.37 (40)
Manganese	mg (%DV)	0.35 (15)
Selenium	mcg **** (%DV)	2.8 (6)
Vitamin C	mg (%DV)	0.9 (0)
Thiamin	mg (%DV)	0.2 (15)
Riboflavin	mg (%DV)	0.07 (6)
Niacin	mg NE (%DV)	0.39 (2)
Pantothenic acid	mg (%DV)	0.15 (2)
Vitamin B6	mg (%DV)	0.32 (20)
Folate	mcg DFE (%DV)	14 (4)
Choline, total	mg (%DV)	20.2 (4)
Betaine	mg	0.2
Vitamin B12	mcg (%DV)	0 (0)
Vitamin A	mcg RAE (%DV)	4 (0)
Carotenoids		
Carotene, beta	mcg	45
Carotene, alpha	mcg	0
Cryptoxanthin, beta	mcg	0
Lutein + zeaxanthin	mcg	329
Vitamin K	mcg	3.7 (4)
Vitamin D	mcg (%DV)	0 (0)
Vitamin E	(%DV)	(4)
Tocopherol, alpha	mg	0.62
Tocopherol, beta	mg	0.04
Tocopherol, gamma	mg	6.64
Tocopherol, delta	mg	0.16

Source: USDA National Nutrient Database for Standard Reference, Release 28, Full Report, 2015; Daily values (DVs) based on the new DVs published 7-20-16 in the Federal Register.

*% DV= % Daily Value ; **g = gram; ***mg = milligram; ****mcg = microgram; DVs for calories, protein, fat, cholesterol, carbohydrate and fiber are based on a 2,000 calorie diet.

¹Nuts are unsalted, dry roasted.