Eden Foods, Organic, Pistachios, Shelled & Dry Roasted, Lightly Sea Salted, 4 oz (113 g)

By Eden Foods

Description

Resealable Package

Double Certified Organically Grown

Low Sodium

Good Food Good Reason

Health & Happiness

Kosher Pareve

OCIA Certified Organic

Whole shelled California organically grown pistachios dry roasted and lightly misted with real, rare Eden sea salt. Low sodium, good fiber and protein.

Other Ingredients

Organic pistachios (pistacia vera), Eden Portuguese sea salt.

Made on equipment that handles sesame seeds. May contain an occasional shell piece.

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| **Supplement Facts** | | |
| **Serving Size:** 3 Tbsp (26 g) | | |
| **Servings Per Container:** about 4 | | |
|  | **Amount Per Serving** | **% Daily Value\*** |
| Calories | 160 |  |
| Calories from Fat | 100 |  |
| Total Fat | 12 g | 18% |
| Saturated Fat | 1.5 g | 8% |
| Trans Fat | 0 g |  |
| Polyunsaturated Fat | 3 g |  |
| Monounsaturated Fat | 7 g |  |
| Cholesterol | 0 mg | 0% |
| Sodium | 60 mg | 3% |
| Potassium | 120 mg | 3% |
| Total Carbohydrate | 7 g | 2% |
| Dietary Fiber | 3 g | 12% |
| Sugars | 1 g |  |
| Protein | 6 g | 12% |
| Vitamin A |  | 0% |
| Vitamin C |  | 0% |
| Calcium |  | 0% |
| Iron |  | 6% |
| Thiamin (B1) |  | 10% |
| Riboflavin (B2) |  | 4% |
| Niacin (B3) |  | 2% |
| Folate (B9) |  | 2% |
| Magnesium |  | 8% |
| Zinc |  | 4% |
| \*Percent Daily Values are based on a 2,000 calorie diet. | | |