

Basic Report 12151, Nuts, pistachio nuts, raw [a](#)

Report Date: June 24, 2019 05:43 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 123g	1 oz (49 kernels) 28.35g	1 kernel 0.7g
Proximates					
Water	g	4.37	5.38	1.24	0.03
Energy	kcal	560	689	159	4
Protein	g	20.16	24.80	5.72	0.14
Total lipid (fat)	g	45.32	55.74	12.85	0.32
Carbohydrate, by difference	g	27.17	33.42	7.70	0.19
Fiber, total dietary	g	10.6	13.0	3.0	0.1
Sugars, total	g	7.66	9.42	2.17	0.05
Minerals					
Calcium, Ca	mg	105	129	30	1
Iron, Fe	mg	3.92	4.82	1.11	0.03
Magnesium, Mg	mg	121	149	34	1
Phosphorus, P	mg	490	603	139	3
Potassium, K	mg	1025	1261	291	7
Sodium, Na	mg	1	1	0	0
Zinc, Zn	mg	2.20	2.71	0.62	0.02
Vitamins					
Vitamin C, total ascorbic acid	mg	5.6	6.9	1.6	0.0
Thiamin	mg	0.870	1.070	0.247	0.006
Riboflavin	mg	0.160	0.197	0.045	0.001
Niacin	mg	1.300	1.599	0.369	0.009
Vitamin B-6	mg	1.700	2.091	0.482	0.012
Folate, DFE	µg	51	63	14	0
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	26	32	7	0
Vitamin A, IU	IU	516	635	146	4

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Vitamin E (alpha-tocopherol)	mg	2.86	3.52	0.81	0.02
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Lipids					
Fatty acids, total saturated	g	5.907	7.266	1.675	0.041
Fatty acids, total monounsaturated	g	23.257	28.606	6.593	0.163
Fatty acids, total polyunsaturated	g	14.380	17.687	4.077	0.101
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0

Footnotes
^a Unroasted