

# NUTRITIONAL FACTS

GERMACK PISTACHIO COMPANY

## Roasted & Salted Pistachios

<b>Nutrition Facts</b>	
7.5 servings per container	
<b>Serving size</b>	<b>30 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
<b>% Daily Value *</b>	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 6g	
Vitamin D	0%
Calcium	2%
Iron	6%
Potassium	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Pistachio nuts, salt

MANUFACTURED ON EQUIPMENT THAT ALSO PROCESSES PEANUTS, TREE NUTS, MILK, SOY, SESAME, WHEAT AND EGG PRODUCTS. MAY CONTAIN STEM, SHELL, PIT AND/OR SEED FRAGMENTS.

CONTAINS: PISTACHIOS

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## Golden Goodness

<b>Nutrition Facts</b>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	<b>Total Fat</b> 8g		<b>10%</b>	<b>Total Carbohydrate</b> 14g
Saturated Fat 1.5g		7%	Dietary Fiber 2g	6%
<i>Trans</i> Fat 0g			Total Sugars 8g	
Cholesterol 0mg		0%	Includes 0g Added Sugars	0%
Sodium 90mg		4%	<b>Protein</b> 3g	
Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 0.9mg 4% • Potassium 180mg 4%				

15 servings per container  
**Serving size**  
**30 g**

**Calories 130**  
per serving

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Nuts, Almonds, Roasted With Salt Added (canola oil), Raisins, Golden Seedless, Nuts, Cashew Nuts, Roasted With Salt Added (canola oil), Mango, Dried, Sweetened, Apricots, Dried, Without Added Sugar, Dried Coconut: Coconut, sodium metabisulfite

Manufactured on equipment that also processes peanuts, tree nuts, milk, soy, wheat and egg products. May contain stem, shell, pit and/or seed fragments.

CONTAINS: almonds, cashews