

NUTRITIONAL FACTS

GERMACK PISTACHIO COMPANY

Roasted & Salted Pistachios

Nutrition Facts	
5 servings per container	
Serving size	30 g
Amount per serving	
Calories	120
% Daily Value *	
Total Fat 14g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	12%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin A	2%
Calcium	4%
Iron	6%
Vitamin C	2%
* 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, WHEAT AND EGG PRODUCTS. MAY CONTAIN STEM, SHELL, PIT AND/OR SEED FRAGMENTS.

CONTAINS: PISTACHIOS

NUTRITIONAL FACTS

GERMACK PISTACHIO COMPANY

Germack Mix

Nutrition Facts	
15 servings per container	
Serving size	30 g
Amount per serving	
Calories	140
% Daily Value *	
Total Fat 9g	12%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 4g Added Sugars	8%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.9mg	6%
Potassium 140mg	4%
* 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: Cranberries: sugar, sunflower oil, cranberry juice from concentrate, Cashews: canola oil, Almonds: canola oil, Cherries: sugar, sunflower oil, Pistachios

Manufactured on equipment that processes peanuts, tree nuts, soy, milk, wheat and egg products.

May contain stem, shell, pit and/or seed fragments.

CONTAINS: almonds, cashews, pistachios