

Pistachio Kernels



Sizes and varieties inshell

			
<p>1. Long</p> <p>Sizes: 18/20, 20/22, 22/24 y 24/26.</p> <p>1. Akbari. 2. Badami. 3. Ahmad Aghaei.</p>	<p>2. Jumbo</p> <p>Sizes: 18/20, 20/22, 22/24 y 24/26.</p> <p>1. Kallehghouchi.</p>	<p>3. Round</p> <p>Sizes: 26/28, 28/30, 30/32 y 32/34</p> <p>1. Fandoghi</p>	<p>4. Closed</p>

Nutrient	Units	Value per 100gr	Value per 28gr, 1 oz (1 handful)
Proximates			
Water	g	1.85	0.52
Energy	kcal	572	162
Energy	kJ	2392	678
Protein	g	21.05	5.97
Total lipid (fat)	g	45.82	12.99
Ash	g	3.00	0.85
Carbohydrate, by difference	g	28.28	8.02
Fiber, total dietary	g	10.3	2.9
Sugars, total	g	7.74	2.19

Sucrose	g	7.09	2.01
Glucose (dextrose)	g	0.25	0.07
Fructose	g	0.22	0.06
Lactose	g	0.00	0.00
Maltose	g	0.13	0.04
Starch	g	1.38	0.39
Minerals			
Calcium, Ca	mg	107	30
Iron, Fe	mg	4.03	1.14
Magnesium, Mg	mg	109	31
Phosphorus, P	mg	469	133
Potassium, K	mg	1007	285
Sodium, Na	mg	6	2
Zinc, Zn	mg	2.34	0.66
Copper, Cu	mg	1.293	0.367
Manganese, Mn	mg	1.243	0.352
Selenium, Se	µg	10.0	2.8
Vitamins			
Vitamin C, total ascorbic acid	mg	3.0	0.9
Thiamin	mg	0.695	0.197
Riboflavin	mg	0.234	0.066
Niacin	mg	1.373	0.389
Pantothenic acid	mg	0.513	0.145
Vitamin B-6	mg	1.122	0.318
Folate, total	µg	51	14
Folic acid	µg	0.0	0.0
Folate, food	µg	51	14
Folate, DFE	µg	51	14

Choline, total	mg	71.4	20.2
Betaine	mg	0.8	0.2
Vitamin B-12	µg	0.00	0.00
Vitamin B-12, added	µg	0.00	0.00
Vitamin A, RAE	µg	13	4
Retinol	µg	0.0	0.0
Carotene, beta	µg	159	45
Carotene, alpha	µg	0.0	0.0
Cryptoxanthin, beta	µg	0.0	0.0
Vitamin A, IU	IU	266	75
Lycopene	µg	0.0	0.0
Lutein + zeaxanthin	µg	1160	329
Vitamin E (alpha-tocopherol)	mg	2.17	0.62
Vitamin E, added	mg	0.00	0.00
Tocopherol, beta	mg	0.13	0.04
Tocopherol, gamma	mg	23.42	6.64
Tocopherol, delta	mg	0.55	0.16
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0.0	0.0
Vitamin K (phylloquinone)	µg	13.2	3.7
Lipids			
Fatty acids, total saturated	g	5.645	1.600
4:0	g	0.000	0.000
6:0	g	0.000	0.000
8:0	g	0.000	0.000
16:0	g	4.994	1.416
10:0	g	0.000	0.000
17:0	g	0.011	0.003

12:0	g	0.000	0.000
15:0	g	0.000	0.000
13:0	g	0.000	0.000
14:0	g	0.012	0.003
18:0	g	0.558	0.158
20:0	g	0.033	0.009
22:0	g	0.026	0.007
17:1	g	0.020	0.006
24:0	g	0.011	0.003
18:1 undifferentiated	g	23.926	6.783
18:1 t	g	0.000	0.000
Fatty acids, total monounsaturated	g	24.534	6.955
20:1	g	0.106	0.030
14:1	g	0.005	0.001
22:1 undifferentiated	g	0.005	0.001
15:1	g	0.009	0.003
16:1 undifferentiated	g	0.464	0.132
24:1 c	g	0.000	0.000
Fatty acids, total polyunsaturated	g	13.346	3.784
18:2 undifferentiated	g	13.125	3.721
18:2 t not further defined	g	0.000	0.000
18:3 undifferentiated	g	0.212	0.060
18:4	g	0.000	0.000
20:3 undifferentiated	g	0.005	0.001
20:2 n-6 c,c	g	0.000	0.000
20:5 n-3 (EPA)	g	0.000	0.000
22:6 n-3 (DHA)	g	0.000	0.000
Fatty acids, total trans-monoenoic	g	0.000	0.000

20:4 undifferentiated	g	0.005	0.001
22:5 n-3 (DPA)	g	0.000	0.000
Fatty acids, total trans	g	0.000	0.000
Campesterol	mg	10	3
Beta-sitosterol	mg	210	60
Cholesterol	mg		
Stigmasterol	mg	2	1
Amino Acids			
Tryptophan	g	0.262	0.074
Threonine	g	0.714	0.202
Isoleucine	g	0.957	0.271
Leucine	g	1.675	0.475
Lysine	g	1.189	0.337
Methionine	g	0.375	0.106
Cystine	g	0.305	0.086
Phenylalanine	g	1.140	0.323
Tyrosine	g	0.531	0.151
Valine	g	1.305	0.370
Arginine	g	2.228	0.632
Histidine	g	0.535	0.152
Alanine	g	1.016	0.288
Aspartic acid	g	1.968	0.558
Glutamic acid	g	4.490	1.273
Glycine	g	1.054	0.299
Proline	g	0.980	0.278
Serine	g	1.340	0.380
Others			
Alcohol, ethyl	g	0.0	0.0

Caffeine	mg		
Theobromine	mg		