

Amounts per 1 cup (123g)

### Calorie Information

Amounts Per Selected Serving	%DV
Calories	685 (2868 kJ) 34%
From Carbohydrate	140 (586 kJ)
From Fat	458 (1918 kJ)
From Protein	88.0 (368 kJ)
From Alcohol	0.0 (0.0 kJ)

### Carbohydrates

Amounts Per Selected Serving	%DV
Total Carbohydrate	34.4 g 11%
Dietary Fiber	12.7 g 51%
Starch	2.1 g
Sugars	9.4 g
Sucrose	8609 mg
Glucose	332 mg
Fructose	209 mg
Lactose	0.0 mg
Maltose	246 mg
Galactose	~

### Fats & Fatty Acids

Amounts Per Selected Serving	%DV
Total Fat	54.7 g 84%
Saturated Fat	6.7 g 33%
4:00	0.0 mg
6:00	0.0 mg
8:00	0.0 mg
10:00	0.0 mg
12:00	0.0 mg
13:00	0.0 mg
14:00	0.0 mg
15:00	0.0 mg
16:00	6014 mg
17:00	0.0 mg
18:00	573 mg
19:00	~
20:00	52.9 mg
22:00	52.9 mg
24:00:00	0.0 mg
Monounsaturated Fat	28.7 g
14:01	0.0 mg
15:01	~
16:1 undifferentiated	570 mg
16:1 c	~
16:1 t	~
17:01	~
18:1 undifferentiated	27907 mg
18:1 c	~
18:1 t	~
20:01	209 mg
22:1 undifferentiated	0.0 mg
22:1 c	~
22:1 t	~
24:1 c	0.0 mg
Polyunsaturated Fat	16.6 g
16:2 undifferentiated	~
18:2 undifferentiated	16237 mg
18:2 n-6 c,c	~
18:2 c,t	~
18:2 t,c	~
18:2 t,t	~
18:2 i	~
18:2 t not further defined	~
18:03	312 mg
18:3 n-3, c,c,c	~
18:3 n-6, c,c,c	~
18:4 undifferentiated	0.0 mg
20:2 n-6 c,c	0.0 mg
20:3 undifferentiated	0.0 mg
20:3 n-3	~
20:3 n-6	~
20:4 undifferentiated	0.0 mg
20:4 n-3	~
20:4 n-6	~
20:5 n-3	0.0 mg
22:02	~
22:5 n-3	0.0 mg
22:6 n-3	0.0 mg
Total trans fatty acids	~
Total trans-monoenoic fatty acids	~
Total trans-polyenoic fatty acids	~
Total Omega-3 fatty acids	312 mg
Total Omega-6 fatty acids	16237 mg

Learn more about these fatty acids and their equivalent names

### Protein & Amino Acids

Amounts Per Selected Serving	%DV
Protein	25.3 g 51%
Tryptophan	336 mg
Threonine	828 mg
Isoleucine	1107 mg
Leucine	1911 mg
Lysine	1416 mg
Methionine	416 mg
Cystine	439 mg
Phenylalanine	1306 mg
Tyrosine	510 mg
Valine	1524 mg
Arginine	2495 mg
Histidine	624 mg
Alanine	1133 mg
Aspartic acid	2235 mg
Glutamic acid	4697 mg
Glycine	1172 mg
Proline	999 mg
Serine	1507 mg
Hydroxyproline	~

### Vitamins

Amounts Per Selected Serving	%DV
Vitamin A	680 IU 14%
Retinol	0.0 mcg
Retinol Activity Equivalent	34.4 mcg
Alpha Carotene	0.0 mcg
Beta Carotene	408 mcg
Beta Cryptoxanthin	~
Lycopene	~
Lutein+Zeaxanthin	~
Vitamin C	6.2 mg 10%
Vitamin D	~ ~
Vitamin E (Alpha Tocopherol)	2.8 mg 14%
Beta Tocopherol	0.0 mg
Gamma Tocopherol	27.8 mg
Delta Tocopherol	1.0 mg
Vitamin K	~ ~
Thiamin	1.1 mg 71%
Riboflavin	0.2 mg 12%
Niacin	1.6 mg 8%
Vitamin B6	2.1 mg 105%
Folate	62.7 mcg 16%
Food Folate	62.7 mcg
Folic Acid	0.0 mcg
Dietary Folate Equivalents	62.7 mcg
Vitamin B12	0.0 mcg 0%
Pantothenic Acid	0.6 mg 6%
Choline	~
Betaine	~

### Minerals

Amounts Per Selected Serving	%DV
Calcium	132 mg 13%
Iron	5.1 mg 28%
Magnesium	149 mg 37%
Phosphorus	603 mg 60%
Potassium	1261 mg 36%
Sodium	1.2 mg 0%
Zinc	2.7 mg 18%
Copper	1.6 mg 80%
Manganese	1.5 mg 74%
Selenium	8.6 mcg 12%
Fluoride	~

### Sterols

Amounts Per Selected Serving	%DV
Cholesterol	0.0 mg 0%
Phytosterols	263 mg
Campesterol	12.3 mg
Stigmasterol	6.2 mg
Beta-sitosterol	244 mg

### Other

Amounts Per Selected Serving	%DV
Alcohol	0.0 g
Water	4.9 g
Ash	3.7 g
Caffeine	0.0 mg
Theobromine	0.0 mg

### Footnotes for Nuts, pistachio nuts, raw

Source: Nutrient data for this listing was provided by USDA SR-21. Each "~" indicates a missing or incomplete value.

Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2,000 calorie reference diet. Your daily values may be higher or lower based on your individual needs.

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The Amino Acid Score has not been corrected for digestibility, which could reduce its value.