

Pack Sizes Available:

1kg  
11.34kg (25lb)

*Bulk pack sizes vary-please confirm when ordering*

Bulk Special Pricing is available – please inquire with our office.



Varieties Available

- Pistachios Roasted & Salted  
(As Seen on left)
- Pistachio Natural Kernels
- Available in sizes 18-20, 20-22, 22-24, 24-26

## PISTACHIOS

The **pistachio** (*Pistacia vera* L., *Anacardiaceae*; sometimes placed in *Pistaciaceae*) is, native to mountainous regions of Iran, Turkmenistan and western Afghanistan.

Each pistachio nut weighs around 1 gram and each pistachio tree averages around 50 kg of nuts, or around 50,000, every two years. Pistachios (as part of the *pistacia* genus) have existed for about 80 million years.

Pistachio's were first cultivated in Western Asia. It reached the Mediterranean world by way of central Iran, where it has long been an important crop

Iran and the US are currently the largest producers, producing 190,000 and 140,000 tonnes respectively.

We at **Service Foods** stock only the highest quality pistachio's in premium grades.

Please enquire at our office if you would like bulk pricing or would like to buy indent.

<b>Nutrition Facts</b>	
Serving Size	
1 cup (128.0 g)	
Amount Per Serving	
<b>Calories</b> 713	Calories from Fat 512
% Daily Value*	
<b>Total Fat</b> 56.9g	<b>88%</b>
Saturated Fat 7.0g	<b>35%</b>
Polyunsaturated Fat 17.2g	
Monounsaturated Fat 29.8g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 1mg	<b>0%</b>
<b>Total Carbohydrates</b> 35.8g	<b>12%</b>
Dietary Fiber 13.2g	<b>53%</b>
Sugars 9.8g	
<b>Protein</b> 26.4g	
Vitamin A 14%	Vitamin C 11%
Calcium 14%	Iron 30%

\* Based on a 2000 calorie diet