



Ziba Foods

105709 - Baby Pistachio Kernals

Zibas wild baby pistachio kernels are foraged from the mountainsides of Samangan in northern Afghanistan. They are dry-roasted without oil and lightly dusted with Afghan salt, and are delicious as a snack or added to salads or desserts.



Nutrition Facts

Servings per Container 1
Serving size 1.06OZ

Amount per serving
Calories 140

% Daily Value*

Total Fat 11g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugar	0%
Protein 5g	
Vitamin D 5mcg	25%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 250mg	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.

* Benefits

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Ingredients

Pistachios, salt

⚠ Allergens

Contains:

tree nuts

Free From:

crustaceans eggs fish milk
 peanuts sesame soy wheat

Handling Suggestions

Refrigerate after opening for best quality UNIT UPC: 854210008321

Serving Suggestions

Perfect for a breakfast bowl, salad, or just as a salty snack!

Prep & Cooking Suggestions

Ready to eat

📄 Product Specifications

Brand	Manufacturer
Ziba Foods	Ziba Foods

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
854210008321	PISTAR30	105709	0020854210008646		12/1.06 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
1.68lb	0.8lb	Afghanistan	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
10.6in	6.5in	7.1in	0.28ft3	22x10	293days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	140	Total Fat	11g	Sodium	100mg
Protein	5	Trans Fats	0g	Calcium	26mg
Total Carbohydrates...	7g	Saturated Fat	1g	Iron	1mg
Sugars	2g	Added Sugars	0g	Potassium	250mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	5mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

