



Culinary Masters

173190 - Grade A Pistachio Whole Shelled Raw

Whole Grade A California Pistachios, Shelled. This bulk 6lb. foodservice pack is perfect for baking or recipes calling for the finest Pistachios. Or, great for snacking!



\* Benefits

Raw pistachios are a healthy, nutrient-rich snack that you can eat anytime, anywhere. Enliven your favorite salad or rice dish with a sprinkling of gorgeous green no shell pistachios. One serving of this healthy nut has as much fiber as half a cup of broccoli or spinach, while also offering potassium and vitamin B. Give your diet a health boost with raw pistachios!

1) Protein Powerhouse: Raw pistachios provide five grams of muscle-building protein per serving. This makes them a great post-workout snack after hitting the gym. Pistachios are a satisfying way to boost your energy levels throughout the day.

2) Rich in Fiber: Per serving, pistachios supply three grams of dietary fiber. The fiber found in these nuts can help control blood sugar levels, lower bad LDL cholesterol levels and support a healthy digestive system.

3) Heart-Healthy Fats: Pistachios are an excellent source of monounsaturated fatty acids, which is also helpful in protecting the cardiovascular system. Replacing saturated fat with monounsaturated fat can regulate blood sugar and cholesterol.

4) Mighty Minerals: These tasty raw pistachios pack a wide range of minerals, from calcium and iron, to magnesium and potassium. All minerals play an important role in the body, so its important to get a variety of trace minerals in your diet.

Ingredients

Pistachios

⚠ Allergens

Nutrition Facts

Servings per Container

Serving size

Amount per serving

Calories

	% Daily Value*
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Total Sugars	
Includes Added Sugar	%
Protein	
Vitamin D	%
Calcium	%
Iron	%
Potassium	%

\* 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.

Handling Suggestions

See label for suggestions  
UNIT UPC: 688032026979

Serving Suggestions

See label for suggestions

Prep & Cooking Suggestions

See label for suggestions

📝 Product Specifications

Brand	Manufacturer
Culinary Masters	Culinary Masters

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
688032026979	91834	173190	01068803202697		1/6 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
6.5lb	6lb		No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12in	8in	6.5in	0.36ft3	20x7	480days	35°F / 37°F



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Nutrition Analysis - By Measure

Calories		Total Fat		Sodium	
Protein		Trans Fats		Calcium	
Total Carbohydrates...		Saturated Fat		Iron	
Sugars		Added Sugars		Potassium	
Dietary Fiber		Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol			
Vitamin A(IU)•		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	



Additional Images

