

Full Report (All Nutrients) 12151, Nuts, pistachio nuts, raw [a](#)

Report Date: October 26, 2016 21:57 EDT

Nutrient values and weights are for edible portion.

Food Group : Nut and Seed Products

Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:5.3

Refuse:47% Refuse Description: Shells

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 123g	1 oz (49 kernels) 28.35g	1 kernel 0.7g
Proximates							
Water 1 2 3 5	g	4.37	10	0.473	5.38	1.24	0.03
Energy	kcal	560	--	--	689	159	4
Energy	kJ	2342	--	--	2881	664	16
Protein 1 2 3 4 5	g	20.16	11	0.217	24.80	5.72	0.14
Total lipid (fat) 1 2 3 5	g	45.32	10	0.961	55.74	12.85	0.32
Ash 1 2 3 5	g	2.99	10	0.109	3.68	0.85	0.02
Carbohydrate, by difference	g	27.17	--	--	33.42	7.70	0.19
Fiber, total dietary 2 3 4 5	g	10.6	10	0.361	13.0	3.0	0.1
Sugars, total 2 3 5	g	7.66	9	0.178	9.42	2.17	0.05
Sucrose 2 3 5	g	6.87	9	0.145	8.45	1.95	0.05
Glucose (dextrose) 2 3 5	g	0.32	9	0.078	0.39	0.09	0.00
Fructose 2 3 5	g	0.24	9	0.081	0.30	0.07	0.00
Lactose 2 3 5	g	0.00	9	0.000	0.00	0.00	0.00
Maltose 2 3 5	g	0.17	9	0.047	0.21	0.05	0.00
Starch 5	g	1.67	1	--	2.05	0.47	0.01
Minerals							
Calcium, Ca 2 3 5	mg	105	9	2.408	129	30	1
Iron, Fe 2 3 5	mg	3.92	9	0.247	4.82	1.11	0.03
Magnesium, Mg 5	mg	121	1	--	149	34	1
Phosphorus, P 5	mg	490	1	--	603	139	3

Nutrient	Unit	1			1 cup 123g	1 oz (49 kernels) 28.35g	1 kernel 0.7g
		Value Per100 g	Data points	Std. Error			
Potassium, K 2 5	mg	1025	8	64.643	1261	291	7
Sodium, Na 3 5	mg	1	2	--	1	0	0
Zinc, Zn 5	mg	2.20	1	--	2.71	0.62	0.02
Copper, Cu 5	mg	1.300	1	--	1.599	0.369	0.009
Manganese, Mn 5	mg	1.200	1	--	1.476	0.340	0.008
Selenium, Se 5	µg	7.0	1	--	8.6	2.0	0.0
Fluoride, F 3	µg	3.4	1	--	4.2	1.0	0.0
Vitamins							
Vitamin C, total ascorbic acid 3 5	mg	5.6	2	--	6.9	1.6	0.0
Thiamin 5	mg	0.870	1	--	1.070	0.247	0.006
Riboflavin 5	mg	0.160	1	--	0.197	0.045	0.001
Niacin 5	mg	1.300	1	--	1.599	0.369	0.009
Pantothenic acid 5	mg	0.520	1	--	0.640	0.147	0.004
Vitamin B-6 5	mg	1.700	1	--	2.091	0.482	0.012
Folate, total 5	µg	51	1	--	63	14	0
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	51	1	--	63	14	0
Folate, DFE	µg	51	--	--	63	14	0
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	26	--	--	32	7	0
Retinol	µg	0	--	--	0	0	0
Carotene, beta 3 4 5 6	µg	305	4	54.217	375	86	2
Carotene, alpha 5 6 7	µg	10	3	10.000	12	3	0
Cryptoxanthin, beta 7	µg	0	1	--	0	0	0
Vitamin A, IU	IU	516	--	--	635	146	4
Lutein + zeaxanthin 6 7	µg	2903	2	--	3571	823	20
Vitamin E (alpha-tocopherol) 5 6	mg	2.86	2	--	3.52	0.81	0.02
Tocopherol, beta 5	mg	0.00	1	--	0.00	0.00	0.00
Tocopherol, gamma 5 6	mg	20.41	2	--	25.10	5.79	0.14
Tocopherol, delta 5	mg	0.80	1	--	0.98	0.23	0.01
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 123g	1 oz (49 kernels) 28.35g	1 kernel 0.7g
Lipids							
Fatty acids, total saturated	g	5.907	--	--	7.266	1.675	0.041
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0 1	g	0.012	1	--	0.015	0.003	0.000
8:0 1 5	g	0.000	2	--	0.000	0.000	0.000
10:0 1 5	g	0.004	2	--	0.005	0.001	0.000
12:0 1 5	g	0.000	2	--	0.000	0.000	0.000
13:0 5	g	0.000	1	--	0.000	0.000	0.000
14:0 1 5	g	0.019	2	--	0.023	0.005	0.000
15:0 1 5	g	0.000	2	--	0.000	0.000	0.000
16:0 1 5	g	5.265	2	--	6.476	1.493	0.037
17:0 1 5	g	0.009	2	--	0.011	0.003	0.000
18:0 1 5	g	0.478	2	--	0.588	0.136	0.003
20:0 1 5	g	0.046	2	--	0.057	0.013	0.000
22:0 1 5	g	0.040	2	--	0.049	0.011	0.000
24:0 1 5	g	0.000	2	--	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	23.257	--	--	28.606	6.593	0.163
14:1 1 5	g	0.000	2	--	0.000	0.000	0.000
16:1 undifferentiated 1 5	g	0.495	2	--	0.609	0.140	0.003
18:1 undifferentiated 1 5	g	22.674	2	--	27.889	6.428	0.159
20:1 1 5	g	0.089	2	--	0.109	0.025	0.001
22:1 undifferentiated 1 5	g	0.000	2	--	0.000	0.000	0.000
24:1 c 5	g	0.000	1	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	14.380	--	--	17.687	4.077	0.101
18:2 undifferentiated 1 5	g	14.091	2	--	17.332	3.995	0.099
18:2 n-6 c,c 4	g	14.091	1	--	17.332	3.995	0.099
18:3 undifferentiated 1 4 5	g	0.289	3	0.042	0.355	0.082	0.002
18:4	g	0.000	--	--	0.000	0.000	0.000
20:2 n-6 c,c 5	g	0.000	1	--	0.000	0.000	0.000
20:3 undifferentiated 5	g	0.000	1	--	0.000	0.000	0.000
20:4 undifferentiated 5	g	0.000	1	--	0.000	0.000	0.000
20:5 n-3 (EPA) 5	g	0.000	1	--	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 123g	1 oz (49 kernels) 28.35g	1 kernel 0.7g
22:5 n-3 (DPA) 5	g	0.000	1	--	0.000	0.000	0.000
22:6 n-3 (DHA) 5	g	0.000	1	--	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	1	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Phytosterols	mg	214	1	--	263	61	1
Stigmasterol 5	mg	5	1	--	6	1	0
Campesterol 5	mg	10	1	--	12	3	0
Beta-sitosterol 5	mg	198	1	--	244	56	1
Amino Acids							
Tryptophan 135	g	0.251	--	--	0.309	0.071	0.002
Threonine 135	g	0.684	--	--	0.841	0.194	0.005
Isoleucine 135	g	0.917	--	--	1.128	0.260	0.006
Leucine 135	g	1.604	--	--	1.973	0.455	0.011
Lysine 135	g	1.138	--	--	1.400	0.323	0.008
Methionine 135	g	0.360	--	--	0.443	0.102	0.003
Cystine 135	g	0.292	--	--	0.359	0.083	0.002
Phenylalanine 135	g	1.092	--	--	1.343	0.310	0.008
Tyrosine 135	g	0.509	--	--	0.626	0.144	0.004
Valine 135	g	1.249	--	--	1.536	0.354	0.009
Arginine 135	g	2.134	--	--	2.625	0.605	0.015
Histidine 135	g	0.512	--	--	0.630	0.145	0.004
Alanine 135	g	0.973	--	--	1.197	0.276	0.007
Aspartic acid 135	g	1.884	--	--	2.317	0.534	0.013
Glutamic acid 135	g	4.300	--	--	5.289	1.219	0.030
Glycine 135	g	1.009	--	--	1.241	0.286	0.007
Proline 135	g	0.938	--	--	1.154	0.266	0.007
Serine 135	g	1.283	--	--	1.578	0.364	0.009
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0
Flavonoids							

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Anthocyanidins							
Cyanidin 9 10	mg	7.33	15	0.75	9.02	2.08	0.05
Petunidin 9	mg	0.0	8	0	0.0	0.0	0.0
Delphinidin 9	mg	0.0	8	0	0.0	0.0	0.0
Malvidin 9	mg	0.0	8	0	0.0	0.0	0.0
Pelargonidin 9	mg	0.0	8	0	0.0	0.0	0.0
Peonidin 9	mg	0.0	8	0	0.0	0.0	0.0
Flavan-3-ols							
(+)-Catechin 9	mg	3.6	7	1	4.4	1.0	0.0
(-)-Epigallocatechin 9	mg	2.0	7	0.82	2.5	0.6	0.0
(-)-Epicatechin 9	mg	0.8	7	0.46	1.0	0.2	0.0
(-)-Epicatechin 3-gallate 9	mg	0.0	7	0	0.0	0.0	0.0
(-)-Epigallocatechin 3-gallate 9	mg	0.4	7	0.4	0.5	0.1	0.0
(+)-Galocatechin 9	mg	0.0	7	0	0.0	0.0	0.0
Flavanones							
Hesperetin 9	mg	0.0	7	0	0.0	0.0	0.0
Naringenin 9	mg	0.0	7	0	0.0	0.0	0.0
Flavones							
Apigenin 9	mg	0.0	8	0	0.0	0.0	0.0
Luteolin 9	mg	0.0	4	0	0.0	0.0	0.0
Flavonols							
Myricetin 9	mg	0.0	8	0	0.0	0.0	0.0
Quercetin 9	mg	1.5	8	0.64	1.8	0.4	0.0
Isoflavones							
Daidzein 11 12	mg	1.88	2	--	2.31	0.53	0.01
Genistein 11 12	mg	1.75	2	--	2.15	0.50	0.01
Glycitein 12	mg	0.00	1	--	0.00	0.00	0.00
Total isoflavones 11 12	mg	3.63	2	--	4.46	1.03	0.03
Formononetin	mg	0.00	1	--	0.00	0.00	0.00
Coumestrol	mg	0.01	1	--	0.01	0.00	0.00
Proanthocyanidin							
Proanthocyanidin dimers 8	mg	13.3	7	1.8	16.3	3.8	0.1

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Proanthocyanidin trimers ⁸	mg	10.5	7	1.22	12.9	3.0	0.1
Proanthocyanidin 4-6mers ⁸	mg	42.2	7	5.23	52.0	12.0	0.3
Proanthocyanidin 7-10mers ⁸	mg	37.9	7	4.93	46.7	10.8	0.3
Proanthocyanidin polymers (>10mers) ⁸	mg	122.5	7	37.1	150.6	34.7	0.9

Sources of Data

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Footnotes

^a Unroasted