

The Nutritional Value of Pistachios

100 grams of the edible part of a pistachio contains about 600 calories and is 53% fat, 21% protein, 18% carbohydrates, 2.2% fiber, and no cholesterol.

Per 100g of edible protein:

Potassium	1.020 g
Phosphorus	5.000 g
Magnesium	158 mg
Calcium	136 mg
Iron	7300 mg
Selenium	0.450 mg
Nickel	0.080 mg
Vitamin C	7.000 mg
Vitamin E	5.200 mg
Nicotinamide	1.450 mg
Vitamin B1	0.690 mg
Vitamin B2	0.200 mg
Carotene	0.150 mg
Folic Acid	0.058 mg