

# Pistachio

## Nutrition Facts

30 servings per container

**Serving size**      **2/3 cup (140g)**

**Amount Per Serving**

**Calories**

**460**

**% Daily Value\***

**Total Fat** 28g **36%**

Saturated Fat 14g **70%**

*Trans* Fat 1g

**Cholesterol** 90mg **30%**

**Sodium** 280mg **12%**

**Total Carbohydrate** 47g **17%**

Dietary Fiber 1g **4%**

Total Sugars 30g

Includes 6g Added Sugars **12%**

**Protein** 7g

Vitamin D 0mcg **0%**

Calcium 310mg **25%**

Iron 0.4mg **2%**

Potassium 120mg **2%**

\* 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.

INGREDIENTS: MILK, CREAM, SUGAR, CORN SYRUP, WHEY, NONFAT MILK, STABILIZER (MONO & DIGLYCERIDES, CELLULOSE GUM, GUAR GUM, CARRAGEENAN, DEXTROSE, SILICON DIOXIDE TO PREVENT CAKING)., PISTACHIOS, PISTACHIO PUDDING

CONTAINS: MILK

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