

# Pistachio Nuts/Pistagenötter

Sweet, creamy and delicious, these 100% organic pistachios require some politeness when being eaten, so you don't stuff them in all at once.

Lightly salted and rich in flavor, these pistachios are for your enjoyment.

**100% Pleasure, 0% Guilt!**



**Mindful Eating:** Did you know that nuts have pores and therefore absorb a tiny bit of what comes in to contact with them? That's why our bags have been specially designed to keep hands out & deliciousness in!

Contains naturally occurring sugars/Innehåller naturligt förekommande socker.

**Ingredients/Ingredienser:** Organic Pistachio Nuts\*/Ekologiska Pistagenötter\*,,

No additives/Utän tillsatser.

May contain traces of peanuts and treenuts/Kan innehålla spår av jordnöt, mandel, hasselnöt, paranöt, pekannöt, valnöt, macadamianöt och cashewnöt.

**Country of Origin/ Ursprungsland:** Spain/ Spanien

<b>Nutritional values/Näringsvärden</b>	<b>(Per 100 g)</b>	<b>(Per serving/Per portion 42 g)</b>
Energy/Energi (Kcal):	2532 KJ/603 Kcal	1063 KJ/253 kcal
<b>Total fat/Totalt fett (g):</b>	48	20.1
Saturated Fat/Mättat fett (g):	5.6	2.4
<b>Carbohydrate/Kolhydrat (g):</b>	11.6	4.9
of which are sugars/varav sockerarter (g):	7.7	3.2
Fibre/Fiber (g):	10.6	4.5
<b>Protein (g):</b>	19	8
<sup>1</sup> Salt (g):	0	0
<b>Vitamins/Vitaminer (mg):</b>		
Vitamin B1:	0.9mg (82% DRI)**	0.3mg (23% DRI)**
Vitamin B6:	1.7mg (121% DRI)**	0.5mg (35% DRI)**
Niacin/Niacin:	2.3mg (19% DRI)**	0.6mg (5% DRI)**
<b>Minerals/Mineraler (mg):</b>		
Calcium/Kalcium (Ca):	136mg (17% DRI)**	57.1mg (7% DRI)**
Iron/Järn (Fe):	7.2mg (51% DRI)**	3mg (21% DRI)**
Potassium/Kalium (K):	1020mg (51% DRI)**	428.4mg (21% DRI)**
Magnesium/Magnesium (Mg):	122mg (33% DRI)**	51.2mg (14% DRI)**

\*Organic ingredient/Ekologisk ingrediens.

<sup>1</sup>The content of salt is exclusively due to naturally occurring sodium/ Salthalten beror uteslutande på naturligt förekommande natrium.

\*\* Reference intake for an average adult/Referensintag för en genomsnittlig vuxen

**Potential choking hazard to small children/**

**Tänk på att små barn lätt kan sätta innehållet i halsen.**

**Storage:** Once opened, please keep me somewhere away from direct sunlight.

Store me in a cool, chilled-out place. I'm not a vampire though, promise.

**Förvaring:** Förvaras torrt och svalt.

**Go Nuts & Shop Nuts!**

[www.thisisnuts.co](http://www.thisisnuts.co)

**This is Nuts Sweden AB**

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OTHER

Weight/Vikt:

Lot nr.:

Net Weight/Nettovikt:

Best before/Bäst före:



EU-jordbruk

SE-EKO-01