



MARNAT

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Pistachio



Properties

The pistachio is a dried fruit that provides the most fiber and energy. It has a great content of minerals, vitamins, fatty acids, proteins and healthy micronutrients. 30g of pistachios is 160 calories, 3g of fiber, 6g of protein, 11g of healthy fat and no saturated fat.

Taken regularly and in moderation, pistachios help prevent cancer and diabetes, lose weight, lower cholesterol, combat stress and improve cardiovascular fitness.

In addition to antioxidants, such as vitamins A and C and selenium, a serving of this nut provides 8% of the recommended daily value of magnesium and potassium and other minerals such as iron, which help "prevent vascular disorders". Helps control cholesterol and care for blood vessels and helps control cholesterol levels, inflammation and the health of blood vessels.

Applications

A food coloring is obtained from the pistachio. They are an excellent appetizer. It can be eaten as a "snack", alone or with salads, pastas, pastries, as a candy or in ice cream. It is also used in the manufacture of some cold cuts.

Nutritional information (per 100g)

- Kcal. Calories	642
- Fats	51 g
- Proteins	21 g
- Carbohydrates	16 g
- Fiber	14 g

The pistachio is very rich in mineral contributions such as potassium, calcium, phosphorus and iron.

Its folic acid content stands out since 100 g of pistachio (raw) provide the same vitamin B9 (folic acid) content as 100 g of white bread. Pistachio is the nut with the most vitamin A.

Its high protein level is very important.

Commercialization



Packages of 1 kg and 5 kg.

Shelled pistachios, toasted, with and without salt.



Packages of 1 kg and 5 kg.

Shelled, roasted, unsalted and natural pistachios.



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