



Nutritional Information Per 100 Grams
#291 Pistachio Kataifi (Over 24% Pistachio Kataifi Cream)

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)
291	1	Serving	100.00	568.93	40.63	19.64	0.09	0.75
Total	1	Serving	100.00	568.93	40.63	19.64	0.09	0.75

Item Name	Carb (g)	Fib(16) (g)	Sugar (g)	SugAdd (g)	Prot (g)	Ash (g)	Water (g)	VitA-IU (IU)
291	48.29	2.83	32.88	26.94	7.11	1.29	1.95	128.09
Total	48.29	2.83	32.88	26.94	7.11	1.29	1.95	128.09

Item Name	Vit C (mg)	Vit D-mcg (mcg)	Folate (mcg)	Fol-Acid (mcg)	Iron (mg)	Pot (mg)	Calc (mg)	Sod (mg)
291	1.39	0	12.66	0	1.49	314.36	89.17	265.96
Total	1.39	0	12.66	0	1.49	314.36	89.17	265.96

07/28/2025

Nutrition Facts

servings per container

Serving size (100g)

Amount per serving

Calories **570**

% Daily Value*

Total Fat 41g **53%**

 Saturated Fat 20g **100%**

Trans Fat 0g

Cholesterol 0mg **0%**
Sodium 270mg **12%**
Total Carbohydrate 48g **17%**

 Dietary Fiber 3g **11%**

Total Sugars 33g

 Includes 27g Added Sugars **54%**
Protein 7g

Vitamin D 0mcg 0%

Calcium 90mg 6%

Iron 1.5mg 8%

Potassium 310mg 6%

*The % Daily Value 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.