



Nutritional Information Per 100 Grams
 #295 Squeezable & Depositible Pistachio Cream (Over 26% Pistachio)

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	
295	1	Serving	100.00	612.21	49.05	21.60	0.17	0.81	
Total	1	Serving	100.00	612.21	49.05	21.60	0.17	0.81	

Item Name	Carb (g)	Fib(16) (g)	Sugar (g)	SugAdd (g)	Prot (g)	Ash (g)	Water (g)	VitA-IU (IU)	
295	40.86	2.86	35.51	29.24	6.86	1.23	1.18	139.06	
Total	40.86	2.86	35.51	29.24	6.86	1.23	1.18	139.06	

Item Name	Vit C (mg)	Vit D-mcg (mcg)	Folate (mcg)	Fol-Acid (mcg)	Iron (mg)	Pot (mg)	Calc (mg)	Sod (mg)	
295	1.51	0	13.74	0	1.11	326.36	94.24	223.22	
Total	1.51	0	13.74	0	1.11	326.36	94.24	223.22	

08/11/2025

Nutrition Facts

servings per container

Serving size (100g)

Amount per serving

Calories **610**

% Daily Value*

Total Fat 49g **63%**

 Saturated Fat 22g **110%**

Trans Fat 0g

Cholesterol 0mg **0%**
Sodium 220mg **10%**
Total Carbohydrate 41g **15%**

 Dietary Fiber 3g **11%**

Total Sugars 36g

 Includes 29g Added Sugars **58%**
Protein 7g

Vitamin D 0mcg 0%

Calcium 90mg 6%

Iron 1.1mg 6%

Potassium 330mg 8%

*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.