

PISTACHIOS OF CASTILE - LA MANCHA



PRESENTATION: Transparent PET bottle 100 gr.

DRIED SHELLLED PISTACHIOS

ORIGIN:

TOLEDO - CASTILE LA MANCHA - SPAIN

VALSECO COLLABORATES ON RESEARCH AND DEVELOPMENT PROJECTS WITH THE UNIVERSITY OF CASTILE LA MANCHA.

CHARACTERISTICS:

- VARIETY: Kerman
- SIZE: 22-26
- COLOUR: Green pistachio covered with reddish skin.

DESCRIPTION:

Dried shelled pistachios selected at controlled cultivation facilities.

PRESENTATION:

In transparent pet jar with black lid net contents 100 grams.

SERVING SUGGESTIONS:

Recommended with green salads and pastries.

NUTRITIONAL CHARACTERISTICS:

- Very rich in minerals such as potassium, calcium, phosphorous and iron.
- The nut with the most vitamin A.
- 20% fiber content ideal for facilitating regularity.
- High content of polysaturated and monounsaturated fatty acids and oleic acid help reduce cholesterol.
- It is an excellent source of many nutrients, including protein, vitamins and minerals that are essential to good health.

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