

# PISTACHIOS OF CASTILE - LA MANCHA



PRESENTATION: Transparent PET bottle 100 gr.

# ROASTED PISTACHIOS IN SHELL

## 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: Light brown

## DESCRIPTION:

Roasted pistachios in shell selected at controlled cultivation facilities. Contains additives – salted.

## PRESENTATION:

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

## SERVING SUGGESTIONS:

Recommended served raw as a snack or appetizer.

## NUTRITIONAL CHARACTERISTICS:

- Very rich in minerals such as potassium, calcium, phosphorus 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 helps to reduce cholesterol.
- An excellent source of many nutrients, including protein, vitamins and minerals that are essential to good health.

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