

The POWER of PISTACHIOS®

AMERICAN PISTACHIOS ARE A **POWERHOUSE**
OF **IMPORTANT VITAMINS, MINERALS AND**
NUTRIENTS THAT CAN HELP WITH WEIGHT
MAINTENANCE AND BLOOD SUGAR CONTROL.

PISTACHIOS DELIVER:



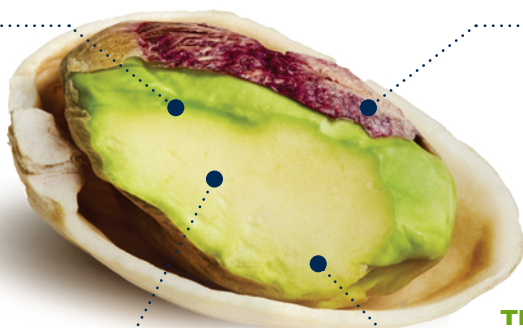
**THE LOWEST CALORIE NUT
PER SERVING***



**MORE ANTIOXIDANTS
THAN BLUEBERRIES^{1,2}**



**THE LARGEST
SERVING SIZE
OF ANY NUT
—49 NUTS**



**THE MOST PROTEIN
PER SERVING
OF TREE NUTS,*
PISTACHIOS ARE A
COMPLETE PROTEIN**

*Along with almonds.

SPICE UP SNACK TIME

Seasoned pistachios make a delicious and nutrient-filled snack. Try this recipe to add some extra kick to your pistachios.



THYME AND GARLIC PISTACHIOS

YIELD

1 pound snacking nuts.

INGREDIENTS

- 1 pound American pistachios, in-shell
- 4 sprigs thyme, chopped
- ½ ounce garlic, sliced
- 4 tablespoons canola

INSTRUCTIONS

1. Warm canola oil in roasting pan or wok on your stove top, add the pistachios and lightly toast.
2. Add the sliced garlic and thyme sprigs, continue toasting until the garlic and thyme have coated the pistachios; season with sea salt to taste.
3. Remove from heat, serve warm in the vessel of your choice.



DISCOVER MORE DELICIOUS PISTACHIO RECIPES!

SEE HOW PISTACHIOS COMPARE



NUTRIENT	UNITS	PISTACHIOS	CASHEWS	HAZELNUTS	MACADAMIAS	PECANS	ALMONDS	WALNUTS	BRAZIL	PINE NUTS
Calories	kcal	160	160	180	200	200	160	190	190	190
Protein	g	6	4	4	2	3	6	4	4	4
Mono Fat	g	7	8	13	17	12	9	2.5	7	5.5
Poly Fat	g	4	2	2	0.5	6	3.5	13	7	10
Fiber	g	3	1	3	2	3	4	2	2	1
Potassium	mg	285	160	193	103	116	208	125	187	169
Lutein + Zeaxanthin	mg	329	7	26	0	5	0	3	0	3



WE WANT YOUR FEEDBACK!

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