

FANDOUGHI PISTACHIO KERNEL SPECIFICATION

PRODUCT: FANDOUGHI PISTACHIO KERNEL

1) General Description:

Pistachio kernels, the edible part inside the shell, are prized for their rich, buttery flavor and vibrant green color. These nutrient-dense kernels are packed with antioxidants, healthy fats, protein, and fiber, making them a highly nutritious snack with benefits for heart health, weight management, and digestion. Kernels are particularly versatile, commonly used in a variety of culinary applications—from desserts and pastries to savory dishes and sauces. Iranian pistachio kernels are especially valued for their unique flavor profile and quality, with a growing demand for them globally due to their distinct taste and health benefits.

2) Characteristics:

Appearance	Stone fruit, light to dark green (depending on grade) matt to glossy surface
Consistency	Nutty, crispy, sometimes soft- depending on fat content
Moisture	Max. 6 %
Broken Kernels	Max. 3 %
Mold	None
Impurities/Foreign Objects	Max. 0.5 %

3) Sensorial Requirements:

Odor:	Characteristic
Taste:	Characteristic

4) Food Law Requirements

Halal, Aflatoxin, phytosanitary, and fumigation certificate

5) Metal Detection:

All products are metal detected.

Ferrous: 2.0 mm; Non-Ferrous: 2.5 mm; Stainless Steel: 3.0 mm

6) Additives and preservatives: None

7) GMO: Free of GMO. (The raw material is not genetically modified.)

8) Irradiation: Not treated with ionizing rays.

9) Storage conditions:

Cool & Dry, 6°-15° Celsius, Opt. 8° Celsius. Air moisture approx. 60 %.

10) Shelf Life: 24 Months

11) Packaging:

Cartons of 10 kg net / 10.5 kg gross polybags in cartons.

12) Nutritional Values of Pistachio Kernels

Nutritional Information (per 100g Edible Portion)	
Energy Value	
Energy (kcal)	630
Energy (kJ)	2.606
Macronutrients	
Protein (g)	21
Fat (g)	50
Sat Fatty Acids (g)	7
Monounsaturated Fatty Acids (g)	34
Polyunsaturated Fatty Acids (g)	5
Cholesterol (mg)	0
Carbohydrates (g)	12
Mono-/Disaccharides (g)	6
Polysaccharides (g)	6
Fiber (g)	7
Water (g)	4
Minerals (g)	
Total Minerals	4.5
Sodium (mg)	10
Potassium (mg)	950
Calcium (mg)	130
Magnesium (mg)	120
Phosphate (mg)	500
Iron (mg)	4
Zinc (mg)	2
Copper (mg)	1.3
Selenium (µg)	7
Vitamins	
Vitamin A (µg)	26
Vitamin D (µg)	0
Vitamin E (mg)	2.3
Vitamin B1 (Thiamine)	0.8
Vitamin B2 (Riboflavin)	0.2
Vitamin B6 (Pyridoxine)	1.7
Vitamin B-12 (µg)	0
Folic Acid (µg)	50
Vitamin C (mg)	6