

Nutritional Information Per 100 Grams
283-OVER 56% PISTACHIO CREAM

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)
283	1	Serving	100.00	542.04	38.54	12.05	0.05	0.64
Total	1	Serving	100.00	542.04	38.54	12.05	0.05	0.64

Item Name	Carb (g)	Fib(16) (g)	Sugar (g)	SugAdd (g)	Prot (g)	Ash (g)	Water (g)	VitA-IU (IU)
283	42.77	6.01	30.70	23.05	12.57	2.90	2.52	297.85
Total	42.77	6.01	30.70	23.05	12.57	2.90	2.52	297.85

Item Name	Vit C (mg)	Vit D-mcg (mcg)	Folate (mcg)	Fol-Acid (mcg)	Iron (mg)	Pot (mg)	Calc (mg)	Sod (mg)
283	3.18	0	28.94	0	2.77	621.15	111.75	517.03
Total	3.18	0	28.94	0	2.77	621.15	111.75	517.03

05/08/2025

Nutrition Facts	
servings per container	
Serving size	(100g)
Amount per serving	
Calories	540
% Daily Value*	
Total Fat 39g	50%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 520mg	23%
Total Carbohydrate 43g	16%
Dietary Fiber 6g	21%
Total Sugars 31g	
Includes 23g Added Sugars	46%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 112mg	8%
Iron 3mg	15%
Potassium 621mg	15%
*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.	