Snack

# A Simple Bowl of Pistachios

Sixteen unsalted whole pistachios, shelled and served in a small bowl for an easy single-serving snack.

| 3 min | 50 | 3 g | 1 g |
|---|---|---|---|
| time | calories | carbs | sugars |



Vegan | Gluten free | Dairy free

## Ingredients, 1 serving

- [ ] 16 whole pistachios (unsalted)

## Method

- [ ] **1** Count out 16 whole pistachios (unsalted).
- [ ] **2** Remove the shells from the pistachios and discard them.
- [ ] **3** Tip the shelled pistachios into a small bowl.
- [ ] **4** Enjoy them straight from the bowl as a simple snack.

## Nutrition Facts

Per serving

| | |
|---|---|
| **Calories** | **50** |
| **Total fat** | 4 g |
| Saturated fat | 0.5 g |
| **Sodium** | 0 mg |
| **Total carbs** | 3 g |
| Fiber | 1 g |
| Total sugars | 1 g |
| **Protein** | 2 g |

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