



Pistachio In-Shell

Pistachio belongs to a group of stone fruits called “culinary nuts” that include cashews and almonds. A real nut, also called a “true nut” or a “**botanical nut**,” is not a fruit but rather a seed encased in a hard, woody shell. This group includes favorites such as hazelnuts, chestnuts and acorns.

Research and Health Effects

A lot of worldwide research has been conducted on Iranian pistachio. All this research has some points in common as the main benefits of pistachio on human health.

- Rich in nutrients
- Low in calories
- Packed with antioxidants
- Good for eye health
- Beneficial for gut health
- High in protein for vegans and vegetarians
- Helpful for weight loss
- Important for heart health
- Good for blood sugar balance
- Reduce colon cancer risk



Nutritional Values

A study published in Nutrition Today Trusted Source noted that eating pistachios has a beneficial effect on blood pressure and endothelial function, which may lead to a reduced risk of heart issues.

According to the USDA Trusted Source database, every 100 g of pistachios contains 560 calories and the following nutrient quantities:

protein: 20.16 g

fat: 45.32 g

carbohydrate: 27.17 g

fiber: 10.60 g

sugar: 7.66 g

Monounsaturated fatty acids and PUFAs make up most of the fat content in pistachios.

Pistachios offer fewer minerals than some other nuts, but they contain a substantial 1,025 mg of potassium per 100 g.

Other notable vitamins and minerals in pistachios include:

calcium: 105 mg

iron: 3.92 mg

magnesium: 121 mg

phosphorous: 490 mg

Why Iranian Pistachio

Iranian pistachios offer various advantages that set them apart from competitors:

1. Higher Kernel to In-Shell Ratio: On average, Iranian pistachios have a ten percent advantage on the edible part of the in-shell nut, when compared to pistachios from other origins that offers the best value for money in the pistachio market.
2. Variety: Iranian pistachios come in many different varieties and sizes: from 18/20 nut counts per ounce, to 36/38. Each variety has its own differing properties and flavor.

3. Taste and Flavor: Different pistachio nut varieties of Iranian origin have an unrivaled distinctive taste-profile resulting from their higher oil content.
4. Roastability: Due to their higher unsaturated oil content, Iranian pistachios have the capacity to be roasted at between 160 to 180°C (hot air stream temperature).
5. Tradability: The large number of producers, buyers, exporters, and importers of Iranian pistachios makes for conditions of perfect competition in the market.



Iranian Pistachio In-shell Varieties

The commercial pistachio varieties of Iran are these types:

Akbari Pistachio (Super Long Pistachio)

Ahmad Aghaei Pistachio (Long Pistachio)

Fandoghi Pistachio (Round Pistachio)

Kalleh Ghouchi Pistachio (Jumbo Pistachio)

Badami Pistachio (Row Long Pistachio)

Each of the aforementioned variety is classified in three groups:

Naturally Opened Pistachios

Mechanically Opened Pistachios

Closed Shell Pistachios



Naturally Open In-Shell Pistachios

It is used purely as a yummy snack, roasted in-shell. It is mostly transported as raw dried, in bulk. Raw dried pistachios have an almost unlimited storage life if stored in dry conditions. Pistachio yield is about 53% to 58%, depending on the type and seasonal fluctuations. Uses: Snacks, Desserts, Foods, etc.

Mechanically Opened In-Shell Pistachios (MO)

Some part of closed shell pistachios is used to provide opened pistachios. These are closed-shell pistachios that have been mechanically opened to look similar to the naturally open pistachios. The difference between them is that the naturally open pistachios have a lower kernel weight to the in-shell ratio. Pistachio yield (the meat-kernel percentage) of these mechanically opened pistachios is around 46% to 50%. Uses: Snacks.

Closed Shell Pistachios

This kind of Iranian pistachios is naturally closed and has not opened yet. All types of pistachios have closed shell-type too, and the yield kernels are 46-50%.

Uses: Snacks, Foods and Art.





Iranian Pistachio Kernel

The Iranian pistachio kernel is more pleasant than other kinds of kernels throughout the world and has a high quality due to the ideal climate of Iran. The naming of this product is usually based on the varieties of Iranian pistachios, such as Ahmad Aghaei, Akbari, Jumbo, Badami, and Fandoghi. Pistachio Kernel is collected from both closed-shell and naturally open pistachios but differs in price.

Natural Pistachio Kernels

Natural pistachio kernels are rich in size and color. This type of Iranian pistachio kernels is obtained from both open and closed-shell pistachios. The open shell pistachios are broken by hand. Therefore, the procedure takes longer time; also, the price is higher compared to closed-shell kernels.
Uses: Confectionaries

Green Peeled Pistachio Kernels (GPPK)

The peeled kernel is considered as the most excellent and expensive among all types of pistachios. In Iran, this output is achieved by harvesting pistachios before they are fully ripe so that the green color of the kernel has not become yellowish. These pistachios are dried in the sun (cooked air drying is not allowed) and shelled.

Green peeled kernels come from Kaal (Raw) kernel meats

and can be classified into 4-5 types by the percentage of green color in them and the market gives premium prices to the more intense green colored kernels. for example, dark green, green, greenish, yellow and light yellow. They are mostly described according to these grades: A, B, C, D, E

Uses: Food ingredients in chocolates, pastries, ice creams, and sausages



Pistachio Oil

Pistachio oil is obtained from pressing pistachios. It includes a percentage of omega-three fatty acids, which decrease the risk of diseases and heart attacks.

Uses: Cosmetics and salad dressings.





Pistachio Paste:

Pistachio paste comes from roasted milled pistachio kernels which can be sweetened or without added sugar. This delicious paste is a processed product which contains 100% high-quality Iranian pistachio. The best thing is that the fat in this product is the natural pistachio nut fat, which has no cholesterol. Uses: Spread or in pastries.