



KIAN CHRYSOLITE

Pistachio Company



2016 Catalogue

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Kian Chrysolite Pistachio Company has been in business for many years. This company is one of the pioneers in producing and exporting pistachio in Iran. Modern equipments and expert leaders process the production at this company to provide a wide variety of different types and forms of pistachios such as Round, Long, Kernel, Closed mouth, etc.

We supply pistachio for both domestic and international markets. Being a well-established and popular company we have got an excellent track record for the best customer satisfaction. We have never compromised on the quality and the services provided to the customers. Our aim is to keep the customers happy and provide them products at a very competent price.

We have excellent staff who will guide you passionately by being in touch with your company constantly and informing about the market trends. We would like to offer our best services to your company.



ABOUT PISTACHIO

Pistachio is a kind of energetic dried fruit that grows on a two-legged tree with the height of five meters. The leaves of pistachio trees are different. Each branch consists of 2 or 3 sharp-pointed leaves with an end green leaf on it. Its flowers are clustered and its male flower is without leaf.

Iran is considered as one of the biggest important exporters of pistachio in the world as the best kind of pistachio in the world grows in Iran.

Pistachio, not only in 2 kinds of raw and roasted is an important part of salted and sweet dried nuts, but also the fresh and wet kind of pistachio that comes to the market at the end of summer and the first days of autumn, has many fans.

Furthermore, its kernel is used for baking cakes, pastries and cookies or to decorate some of mixed pilaf, such as: carrot, sweet rice and jewel rice. Also from its fresh shell, a delicious jam can be made.



Pistachio Names

1. Pesteh (Persian)
2. Pistachio (English)
3. Pistache (French)
4. Pistazie (Germany)
5. Pistacchio (Italian)
6. Pistacho (Spanish)
7. Pista (Indian)





Iranian JUMBO Pistachio KALEH GHOUCHI (QOUCHI)



Kaleh Ghochi (Qouchi) :

This type of pistachio is famous for being large. This plant is sensitive to shortage of water and it is vulnerable to cold weather in spring. Kaleh Ghouchi pistachio is ready to be harvested from mid September.

On the whole, Kaleh Ghouchi is not being budded anymore and current production is from the existing trees.

Although commercially quite successful, Kaleh Ghouchi trees showed a steep drop in growth and production as they grow older than 40 years old.

Available sizes: 18/20, 20/22, 22/24, 24/26



Iranian **LONG** Pistachio **AKBARI**



Akbari :

It's large and almond shaped. It can be harvested in late September. This is a newer variety with good yield and with long, large nuts and it has got the highest economic value.

Available sizes: 18/20, 20/22, 22/24, 24/26



Iranian LONG Pistachio **AHMAD AGHAEI**



Ahmad Aghaei:

This nut is rather large and almond shaped. It can be harvested in late September. It's the newest commercial variety, very popular with the farmers, because of high yield and its shorter time to reach production. It is very popular in some markets like India and Greece. Production of this variety is increasing. It also has the whitest shell hue among the four cultivars.

Available sizes: 22/24, 24/26, 26/28, 28/30.



Iranian **ROUND** Pistachio **FANDOGHI**



Fandoghi :

This cultivar is the most widely available pistachio variety and grows in most pistachio growing areas of Iran. Fandoghi is of round type and has the lowest shape index among the four cultivars. In recent years, around 50% of Iranian production is of the Fandoghi type. The reason is its limited yield. The new orchards are seldom planted with this variety. Available sizes: 28/30, 30/32



GREEN Peeled Pistachio Kernels



Green Pistachio Kernels :

Green pistachio kernels come in different grades according to their green color. The list below is in descending order from darkest green kernel to yellowish green Kernel:

Green Kernel Grade S (Superior quality)

Green Kernel Grade A

Green Kernel Grade B

Green Kernel Grade C

Green Kernel Grade D



REGULAR KERNEL



Regular Kernel



SLIVERED PISTACHIO



SLIVERED PISTACHIO :

These green slivered pistachios have a particularly vibrant colour with a distinctive sweet, pistachio taste – perfect for sprinkling over sweet or savoury Middle Eastern dishes.

The nibbed pistachios are flaked into pieces measuring around 2x10mm – just larger than a grain of rice – making them perfect for stirring through rice salads to add flecks of colour, taste and texture. The green slivered pistachios are also perfect for desserts –sprinkled over sweet rice puddings, or stirred through ice cream for chunks of real pistachio.



PISTACHIO FLOUR



PISTACHIO FLOUR :

Our all natural pistachio flour lends a delightful nutty flavor to breads, cakes, cookies and more. We also love the gorgeous light green color it adds to baked goods, which is perfect for making macaroons. An excellent source of healthy fats, fiber and iron, pistachio flour is a nutritious addition to your diet.

Benefits

1. Nutrition

Pistachios contain fewer calories and more potassium and vitamin K per serving than other nuts. A 1-ounce serving of dry-roasted pistachio contains 160 calories, 6 grams of protein, 3 grams of fiber and 15 grams of fat, including only 2 grams of saturated fat. It also provides 25 percent of the daily value for vitamin B-6, 15 percent of the daily value for thiamine and phosphorus and 10 percent of the daily value for magnesium.

2. Heart Health

Snacking on pistachios may help lower your cholesterol. Study participants who consumed a low-calorie diet with either 10 percent of their total calories or 20 percent of their total calories in the form of pistachios for four weeks, lowered their cholesterol, according to a study published in the "American Journal of Clinical Nutrition" in September 2008. Pistachios also contain l-arginine, which can make the lining of your arteries more flexible and make it less likely to develop blood clots that could cause heart attack, and vitamin E, which makes it less likely your arteries become clogged with plaque, notes MayoClinic.com.

3. Weight Management

If you like snacking on nuts, you can control your weight by limiting your portions. The fiber content of the nuts may make them more filling, helping you to eat fewer calories later on in the day. Although most of the fat in pistachios is the healthy unsaturated type, they still contain a lot of calories so you should only eat them in moderation. If you like to snack on pistachios, eat pistachio in shell instead of shelled pistachios; this can prevent you from eating too many. Choose pistachios that are unsalted to help minimize your salt intake.

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