

Nutritional Value Of Pistachio Nuts

== History == 37b14dc627 In 1927, the National Pecan Growers Association acknowledged variant pronunciations while designating one as official and correct: "pronounced as though spelled pea-con ... those in the habit of using any other pronunciation therefore be requested henceforth to adopt exclusively the pronunciation above specified above and hereby adopted by the Association." 37b14dc627 == Etymology == 37b14dc627 True, or botanical nuts: dry, hard-shelled, uncompartmented fruit that do not split on maturity to release seeds (e.g. hazelnuts); 37b14dc627 == Vernacular names == 37b14dc627 It is known in Spanish as almendro (almond) in southern Bolivia's Santa Cruz Department, almendrillo in Pando in northern Bolivia, and shihuahuaco in the Department of Madre de Dios in southern Peru. In these last two regions, it shares the same name with *Dipteryx micrantha*. Both tree species are also known as mawi in the Ese Ejja language spoken there. 37b14dc627 The tree grows up to 10 metres (33 feet) tall. It has deciduous, pinnate leaves 10–20 centimetres (4–8 inches) long. The plants are dioecious, with separate male and female trees. The flowers are apetalous and unisexual and borne in panicles. 37b14dc627

Sunflower seed ScienceDaily. ISSN 2058-7384. 7 December 2005. PMID 27222528. Each variety has its own unique levels of monounsaturated, saturated, and polyunsaturated fats. PMC 5806758. There are three types of commonly used sunflower seeds: linoleic (most common), high oleic, and sunflower oil seeds. The information in this article refers mainly to the linoleic variety. "Sunflower Seeds, Pistachios Among Top Nuts For Lowering Cholesterol". Retrieved A sunflower seed is a seed from a sunflower (*Helianthus annuus*) 37b14dc627

== Common names == 37b14dc627

Halva the resulting confection. Other ingredients and flavorings, such as pistachio nuts, cocoa powder, orange juice, vanilla, or chocolate are often added to Halva (also halvah, halwa, halua) is a type of confectionery that is found throughout North Africa, East Africa, Eastern Europe, the Balkans, West Asia, Central Asia, South Asia, and the Levant. The name refers to a broad variety of recipes, generally a thick paste made from flour, butter, oil, saffron, rosewater, milk, turmeric powder, and sugar 37b14dc627

Gymnosperm seeds: naked seeds, with no enclosure (e.g. pine nuts); 37b14dc627

Brazil nut It is one of the largest and longest-lived trees in the Amazon rainforest. 57 (3–4): 219–228. The wood of the Brazil nut tree is prized for its quality in carpentry, flooring, and heavy construction. and phytosterol content of brazil, pecan, pine, pistachio and cashew nuts". As food, Brazil nuts are notable for diverse content of micronutrients, especially a high amount of selenium. doi:10 Brazil nut (*Bertholletia excelsa*) refers to a South American tree of the monotypic genus *Bertholletia* in the family Lecythidaceae as well as the tree's commercially-harvested edible seeds. International Journal of Food Sciences and Nutrition. The fruit and its nutshell – containing the edible nut – are relatively large and weigh as much as 2 kg (4. 4 lb) in total 37b14dc627

In the northern region of Nigeria it is a popular drink known as groundnut milk. 37b14dc627 The common name baru appears to be the most used in Brazilian Portuguese. A long list of other names used in Brazil have been recorded; some of these names are barujo, coco-feijão, cumaruna, cumarurana, cumbaru, emburena-brava feijão-coco and imburana-brava. A number of names, such as cumaru and pau-cumaru, are shared with the closely related Amazonian *D. odorata*, the tonka bean or cumaru tree, due to the similarity of the two trees... 37b14dc627

Peanut milk ; Bohrer, Benjamin M. "Nutrient density and nutritional value of milk and plant-based milk alternatives". It is made with peanuts, water, and sometimes other additional ingredients like salt, sugar, or cinnamon. (December 2018). International Dairy Journal Peanut milk is a plant milk, which is an alternative to animal milk. This milk is sometimes used by people who are lactose-intolerant, vegan, or on a casein-free diet, as it has no lactose, but includes nutritional benefits like being high in magnesium, Vitamin E, Vitamin B-6, and protein. Peanut milk is high in fat and protein compared to other plant-based milks. Chloe J 37b14dc627

Koh-Kae Ltd. market, 40% of total sales come from coated nuts, 25% are naked nuts, and 35% are premium nuts such as almond, pistachio and cashew nuts. Their original product was coconut cream coated peanuts, but other flavors such as tom-yum and chicken flavor were created later. starting in 1976. Ltd. By 2000, Mae-Ruay Snack Food Factory Co. In 2019, Koh-Kae held 50% of Thailand nut snacks market share. was awarded ISO 9001 certification by BVQI Institute, followed by the GMP and HACCP system certification by BVQI in 2002. Nut snacks market Koh-Kae is a Thai brand of nut snacks manufactured by Mae-Ruay Snack Food Factory Co 37b14dc627

== Production == 37b14dc627

Pecan 2009. Louisiana, known for pralines, adopted the The pecan (*Carya illinoensis*) is a species of hickory native to the Southern United States and northern Mexico in the region of the Mississippi River. California adopted it, along with the almond, pistachio, and walnut, as one of four state nuts in 2017 37b14dc627

The term "sunflower seed" is a misnomer when applied to the seed in its pericarp (hull). Botanically speaking, it is a cypsela. When dehulled, the edible remainder is called the sunflower kernel or heart. 37b14dc627 As of 2026, there were about 20 different types of plant milks, of which almond, oat, soy, coconut and pea are the highest-selling worldwide. Production of plant milks—particularly soy, oat, and pea milks—can offer environmental advantages over animal milks in terms of greenhouse gas emissions and land and water use. 37b14dc627 Nuts have a rich history as food. For many indigenous peoples of the Americas, a wide variety of nuts, including acorns, American beech, and others, served as a major source of starch and fat over thousands of years. Similarly, a wide variety of nuts have served as food for Indigenous Australians for many centuries. Other culinary nuts, though known from ancient... 37b14dc627

List of culinary nuts It is one of only two nuts mentioned in the Bible A culinary nut is a dry, edible fruit or seed that usually, but not always, has a high fat content. prized edible oil. Culinary nuts are divided into fruits or seeds in one of four categories:. In addition to botanical nuts, fruits and seeds that have a similar appearance and culinary role are considered to be culinary nuts. Nuts are used in a wide variety of edible roles, including in baking, as snacks (either roasted or raw), and as flavoring. Pistachio (*Pistacia vera* L.), cultivated for thousands of years, native to West Asia 37b14dc627

The earliest known production of peanut milk was by the Incas in the 17th century. Almeda Lambert published a recipe for it in 1899 and its use was promoted by George Washington Carver from 1919. 37b14dc627

Pistachio Pistachios can be used as an ingredient in desserts, chocolate, candy, ice cream, and as a paste or butter. The British Journal of Nutrition (Review). "Nutrition attributes and health effects of pistachio nuts";. 113 (Supplement 2): The pistachio (, UK also ; *Pistacia vera*) is a small to medium-sized tree of the cashew family. The tree produces seeds that are widely consumed as food. As a tree nut, pistachios are considered a priority allergen that may induce allergic reactions in susceptible people. Salas-Salvadó, J (April 2015) 37b14dc627

For commercial purposes, sunflower seeds are usually classified by the pattern on their husks. If the husk is solid black, the seeds are called black oil sunflower seeds. The crops may be referred to as oilseed sunflower crops. These seeds are usually pressed to extract their oil. Striped sunflower seeds are primarily eaten as a snack food; as a result, they may be called confectionery sunflower seeds. 37b14dc627 Angiosperm: seeds surrounded by an enclosure, such as a pod or a fruit (e.g. peanuts). 37b14dc627 In 2024, the world production of Brazil nuts was 79,736 tonnes, with Brazil and Bolivia combined accounting for 87% of the total. 37b14dc627 == History == 37b14dc627 == Name == 37b14dc627

Dipteryx alata "Nutritional composition and protein value of the baru (*Dipteryx alata* Vog. It is a wild species, widespread across the Cerrado savanna in South America. Journal of the Science of Food and Dipteryx alata is a large, undomesticated, edible nut-bearing tree from dryish tropical lowlands in central South America belonging to the legume family, Fabaceae, from the Dipterygeae tribe in the Faboideae subfamily. The baru nut seed is a grain legume, growing in popularity in North America as a snack food.) almond from the Brazilian Savanna";. (2010) 37b14dc627

In 1976, the company established "Koh-Kae", the coated peanut coconut flavor, and it became a popular snack. In 1977, the company expanded to support the customer demand. Now, the company is located at Rama 2 Road, with 12 Acres of area. 37b14dc627

Plant milk Nut milk is a subcategory made from nuts, while other plant milks may be created from grains, pseudocereals, legumes, seeds or endosperm. Legumes: lupine, pea, peanut, soy, chickpea, Nuts: almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio, walnut Seeds: chia seed, flax seed, hemp Plant milk is a category of non-dairy beverages made from a water-based plant extract for flavoring and aroma. Plant-based milks are consumed as alternatives to dairy milk and provide similar qualities, such as a creamy mouthfeel, as well as a bland or palatable taste. g. Many are sweetened or flavored (e. , vanilla) 37b14dc627

The word "pecan" derives from the Algonquian languages variously referring to pecans, walnuts, and hickory nuts. There are many pronunciations, some regional and others not. There is little agreement in the United States regarding the "correct" pronunciation, even regionally. 37b14dc627 == Description == 37b14dc627 Maeruay Snack Food Factory was founded in 1964 by Chookiat Ruayjaroensap and Jiraporn Ruayjaroensap as a manufacturer of roasted nut and shrimp crackers. The company was located at Ekachai Road, Bang Khun Thian. 37b14dc627 Originally native to the south-central U.S., the tree is cultivated for its seed primarily in the U.S. states of Georgia, New Mexico, Texas, Louisiana and in Mexico. The seed is an edible nut used as a snack and in various recipes, such as praline candy and pecan pie. The pecan is the state nut of Alabama, Arkansas, California, Texas, and Louisiana, and is also the state tree of Texas. 37b14dc627 Drupes: seed contained within a pit (stone or pyrena) that itself is surrounded by a fleshy fruit (e.g. almonds, walnuts); 37b14dc627 Plant-based beverages have been consumed for centuries, with the term "milk-like plant juices" used since the 13th century. In the 21st century, these drinks are commonly referred to as plant-based milk, alternative milk, non-dairy milk or vegan milk. For commerce, plant-based beverages are typically packaged in containers similar and competitive to those used for dairy milk, but cannot be labeled as "milk" within the European... 37b14dc627 In 2024 the world production of pistachios was 1.4 million tonnes, with the United States, Iran, and

Turkey combined accounting for 87% of the total. 37b14dc627 Mhookiat Ruayjaroensap created the name "Koh-Kae", meaning "a wild, cool man", to match the mascot character he had envisioned for the brand. He did this to be different from the other snacks at that time, which would normally name themselves after flavors or desserts... 37b14dc627

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