

# Core PRO Pistachio Ice Cream: Savory and Sweet Protein

written by Mike Roberto | July 11, 2022

CORE Nutritionals has kept us busy with a new summer-inspired *Lemon Lime Sherbet ABC* (BCAA) flavor and *Hair, Skin, & Nails Lifeline* supplement, but it's time to get back to *protein powder* – and they have a lot of flavors coming across the brand's lineup.



## ***Pistachio Ice Cream Core PRO!***

Today, Doug Miller and the squad over in North Carolina are celebrating Stack3d's annual online expo with a launch of **Pistachio Ice Cream Core PRO!** Core PRO is a whey and milk protein powder blend that lends itself to *rich* flavors, and there's not much richer than this one.

The last couple of times we checked in on Core PRO was back in 2021 when the team released some extremely unique *Vanilla Toffee Gaintime* and *strawberry*-based *Peanut Butter & Jelly* flavors. They're back for another ice cream based treat that will pump your protein numbers up while satisfying your sweet tooth.

Below, we quickly talk about the flavor system, embed our review when it goes live, and show the macros. But first, check our coupon-powered prices and sign up for PricePLOW's Core Nutritionals news alerts:

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## Pistachios?

If you've never had *pistachio ice cream*, you're in for a treat. As members of the *cashew* family, pistachios are delicious, nutty seeds that are about 45% fat, 28% carbohydrates, and 20% protein. This makes them incredibly savory, especially with some salt added.



Over time, ice cream companies realized that they blend extremely well with dairy, making for a perfect pair with the cream and sugar in the dessert. This works similarly with dairy-based protein powders as well – a savory, sweet, and slightly salty flavor system that keeps it creamy.

It works best with a protein powder like Core PRO, which has a *blend* of proteins designed for a bit more thickness. Before we get into that, below are the macros:

## The Core PRO Peanut Butter & Jelly Macros

- **Calories: 130**
- **Protein: 25g**
- **Carbohydrates: 2.5g**
  - **Total Sugars: 1g (0g added)**
- **Total Fat: 2.5g**
  - **Saturated Fat: 2g**

This is 10 calories fewer than the previous Peanut Butter & Jelly flavor, with a touch less sugar, bringing us back to what we had with Vanilla Toffee Gaintime flavor.

## What is Core PRO?

Core Nutritionals PRO is a fully-disclosed *sustained-release* dairy protein blend that takes advantage of three different protein sources:

| Supplement Facts  |                    |      | Typical Amino Acid Profile |                  |
|---|--------------------|------|----------------------------|------------------|
| Serving Size: 1 Scoop (30g)<br>Servings Per Container: Approx. 28 |                    |      | Amount Per Serving         |                  |
|   | Amount Per Serving | % DV |                            |                  |
| <b>Calories</b>   | 130                |      |                            |                  |
| <b>Total Fat</b>  | 2.5 g              | 3%*  |                            |                  |
| Saturated Fat   | 2 g                | 10%* |                            |                  |
| Trans Fat   | 0 g                | **   |                            |                  |
| <b>Cholesterol</b>  | 50 mg              | 17%* |                            |                  |
| <b>Total Carbohydrate</b>   | 2.5 g              | 1%*  |                            |                  |
| Dietary Fiber   | 0 g                | 0%*  |                            |                  |
| Total Sugars  | 1 g                | **   |                            |                  |
| Added Sugars  | 0 g                | 0%*  |                            |                  |
| <b>Protein</b>  | 25 g               | 50%* |                            |                  |
| Calcium   | 258 mg             | 20%* | Alanine                    | 929 mg           |
| Iron  | 0.51 mg            | 3%*  | Arginine                   | 626 mg           |
| Phosphorus  | 162 mg             | 13%* | Aspartic Acid              | 2008 mg          |
| Magnesium   | 24 mg              | 6%*  | Cysteine                   | 347 mg           |
| Chloride  | 86 mg              | 4%*  | Glutamic Acid              | 3922 mg          |
| Sodium  | 118 mg             | 5%*  | Glycine                    | 376 mg           |
| Potassium   | 149 mg             | 3%*  | Histidine I                | 424 mg           |
|   |                    |      | Isoleucine II              | 1143 mg          |
|   |                    |      | Leucine II                 | 2183 mg          |
|   |                    |      | Lysine I                   | 1889 mg          |
|   |                    |      | Methionine I               | 493 mg           |
|   |                    |      | Phenylalanine I            | 742 mg           |
|   |                    |      | Proline                    | 1427 mg          |
|   |                    |      | Serine                     | 1084 mg          |
|   |                    |      | Threonine I                | 1278 mg          |
|   |                    |      | Tryptophan III             | 321 mg           |
|   |                    |      | Tyrosine                   | 728 mg           |
|   |                    |      | Valine II                  | 1222 mg          |
|   |                    |      | <b>Total</b>               | <b>25,041 mg</b> |

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established.

**INGREDIENTS:** Cold-Processed Undenatured Whey Protein Concentrate (15.63g yielding 12.5g), Cross-Flow Microfiltered Whey Protein Isolate (6.94g yielding 5.25g), Milk Protein Isolate (6.94g yielding 6.25g), Coconut Oil Creamer, Natural Flavors, Gum Blend (Xanthan Gum, Cellulose Gum, Gum Acacia, Guar Gum, Carrageenan), Sucralose, Sodium Chloride, Sunflower Lecithin, DigeSEB™ (Digestive Enzyme Blend: Amylases, Lactase, Proteases, Lipase, Cellulase).

I Essential Amino Acids  
II BCAAs  
III The L-Tryptophan indicated is from naturally occurring sources of protein.

The Core PRO Pistachio Ice Cream ingredients and nutrition facts

- **Cold-Processed Undenatured Whey Protein Concentrate – 15.63g (yields 12.5g protein)**

- **Cross-Flow Microfiltered Whey Protein Isolate – 6.94g (yields 6.25g protein)**
- **Milk Protein Isolate – 6.94g (yields 6.25g protein)**

This yields a total of **25g protein**. The label doesn't specifically state the type of whey concentrate used, but it's easy to calculate that the first ingredient is *WPC-80*, which is whey protein concentrate that's 80% protein-by-weight – the highest quality of whey concentrate before you start getting into the isolates.

This provides both fast *and* slow proteins, since the whey proteins digest quickly, but the milk protein includes casein, which digests slower. The milk protein is also thicker, adding to the texture we want in a Pistachio Ice Cream flavor system!

The label also provides an amino acid profile, which is helpful.

Also useful is the *DigeSEB* digestive enzyme blend, which Core adds to many of their proteins. This features five different digestive enzymes, but most importantly for *this* product are the *lactase* (for better *lactose* breakdown) and *protease* (for better *protein* breakdown). Finally, we also have a coconut oil creamer and a gum blend to add smoothness.

## Other Core PRO Flavors

This is an awesome flavor system, but don't think you're limited here. Core has *tons* of unique flavors in Core PRO:



## The Entire CORE Nutritionals protein lineup:

Core PRO brings the most fun flavor systems, but some readers may want to add some carbs (Core POST and Core MRP) or go with a pure isolate (Core ISO). Here's the full line-up:



- **Core PRO** – You are here
- **Core POST** – Post-workout protein – carbs added
- **Core ISO** – A pure whey protein isolate, lower lactose and faster-digesting
- **Core MRP** – Core's classic meal replacement powder with low-GI carbohydrates
- **Core VEGAN** – Plant-based protein
- **Core PUDD'n** – Thick protein sludge
- **Core BALLS** – Returning soon! A high-protein snack in *ball* shape

Chances are, only Core PRO will get the *Pistachio Ice Cream* treatment, but you never know.

## It's a Pistachio PRO Party

After Vanilla Toffee Gaintime and the *strawberry*-based Peanut Butter & Jelly flavor, CORE Nutritionals took a small break from PRO releases, but this one was too good to skip on when once the team tested the flavor. With its rich protein blend, Core PRO gets all of the most fun flavors!

To find out what's next from the team, sign up for our CORE Nutritionals news

alerts – more flavors in the other protein products are coming!

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