

SERVING SIZE: 1 OUNCE or about 19 halves (28g)

AMOUNT PER SERVING

Calories: 200

		% Daily Value*
Total Fat	20g	26%
Saturated Fat	2g	10%
Polyunsaturated Fat	6g	
Monounsaturated Fat	12g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	4g	1%
Dietary Fiber	3g	11%
Total Sugars	1g	
Includes 0g Added Sugars		0%
Protein	3g	6%
Vitamin D	0cmg	0%
Calcium	20mg	2%
Iron	0.7mg	4%

Nutrition facts for unroasted, unsalted pecans

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.