

Nutrition and Ingredients: Raw Pecan

Nutrient data: Pecans	Unit	1Value per 100 g	1 cup, chopped = 109.0g	1 cup, halves = 99.0g	1 oz (19 halves) = 28.35g
Nutrient					
Proximates					
Water	g	3.52	3.84	3.48	1
Energy	kcal	691	753	684	196
Protein	g	9.17	10	9.08	2.6
Total lipid (fat)	g	71.97	78.45	71.25	20.4
Carbohydrate, by difference	g	13.86	15.11	13.72	3.93
Fiber, total dietary	g	9.6	10.5	9.5	2.7
Sugars, total	g	3.97	4.33	3.93	1.13

Minerals					
Calcium, Ca	mg	70	76	69	20
Iron, Fe	mg	2.53	2.76	2.5	0.72
Magnesium, Mg	mg	121	132	120	34
Phosphorus, P	mg	277	302	274	79
Potassium, K	mg	410	447	406	116
Sodium, Na	mg	0	0	0	0
Zinc, Zn	mg	4.53	4.94	4.48	1.28

Vitamins					
Vitamin C, total ascorbic acid	mg	1.1	1.2	1.1	0.3
Thiamin	mg	0.66	0.719	0.653	0.187
Riboflavin	mg	0.13	0.142	0.129	0.037
Niacin	mg	1.167	1.272	1.155	0.331
Vitamin B-6	mg	0.21	0.229	0.208	0.06
Folate, DFE	µg	22	24	22	6
Vitamin B-12	µg	0	0	0	0
Vitamin A, RAE	µg	3	3	3	1
Vitamin A, IU	IU	56	61	55	16
Vitamin E (alpha-tocopherol)	mg	1.4	1.53	1.39	0.4
Vitamin D (D2 + D3)	µg	0	0	0	0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	3.5	3.8	3.5	1

Lipids/ Other					
Fatty acids, total saturated	g	6.18	6.736	6.118	1.752
Fatty acids, total monounsaturated	g	40.801	44.473	40.393	11.567
Fatty acids, total polyunsaturated	g	21.614	23.559	21.398	6.128
Cholesterol	mg	0	0	0	0
Added Sugar	g	0	0	0	0
Caffeine	mg	0	0	0	0