



Nuts, pecans

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FOOD SUMMARY

Nutrition Facts

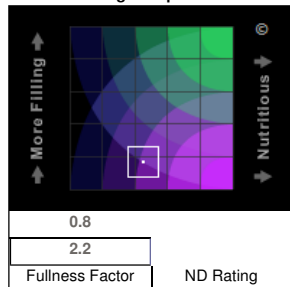
Serving Size 100 grams

Amount Per Serving		
Calories	691	Calories from Fat 602
		% Daily Value*
Total Fat	72g	111%
Saturated Fat	6g	31%
Trans Fat		
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	14g	5%
Dietary Fiber	10g	38%
Sugars	4g	
Protein	9g	
Vitamin A	1%	Vitamin C 2%
Calcium	7%	Iron 14%

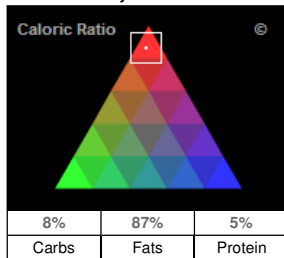
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

[Download Printable Label Image](#)

Nutritional Target Map



Caloric Ratio Pyramid



NutritionData's Opinion

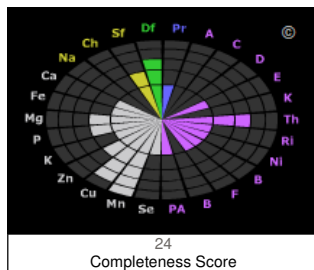
Weight loss:
Optimum health:
Weight gain:

0

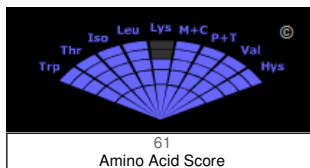
185
moderately anti-inflammatory

The good: This food is very low in Cholesterol and Sodium. It is also a very good source of Manganese.

NUTRIENT BALANCE



PROTEIN QUALITY



Adding other foods with complementary amino acid profiles to this food may yield a more complete protein source and improve the quality of some types of restrictive diets.

[Find foods with complementary profile](#)

NUTRITION INFORMATION

Amounts per 100 grams

Calorie Information

Amounts Per Selected Serving		%DV
Calories	691 (2893 kJ)	35%
From Carbohydrate	56.7 (237 kJ)	
From Fat	602 (2520 kJ)	
From Protein	31.8 (133 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	9.2 g	18%
Tryptophan	93.0 mg	
Threonine	306 mg	
Isoleucine	336 mg	
Leucine	598 mg	
Lysine	287 mg	
Methionine	183 mg	
Cystine	152 mg	
Phenylalanine	426 mg	
Tyrosine	215 mg	
Valine	411 mg	
Arginine	1177 mg	
Histidine	262 mg	
Alanine	397 mg	
Aspartic acid	929 mg	
Glutamic acid	1829 mg	
Glycine	453 mg	
Proline	363 mg	
Serine	474 mg	
Hydroxyproline	~	

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	14.0 g	5%
Dietary Fiber	9.6 g	38%
Starch	0.5 g	
Sugars	4.0 g	
Sucrose	3899 mg	
Glucose	40.0 mg	
Fructose	40.0 mg	
Lactose	0.0 mg	

Maltose	0.0 mg
Galactose	~

Collapse ▲

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	72.0 g	111%
Saturated Fat	6.2 g	31%
4:00	0.0 mg	
6:00	0.0 mg	
8:00	0.0 mg	
10:00	0.0 mg	
12:00	0.0 mg	
13:00	0.0 mg	
14:00	0.0 mg	
15:00	0.0 mg	
16:00	4366 mg	
17:00	0.0 mg	
18:00	1745 mg	
19:00	~	
20:00	69.0 mg	
22:00	0.0 mg	
24:00:00	0.0 mg	
Monounsaturated Fat	40.8 g	
14:01	0.0 mg	
15:01	~	
16:1 undifferentiated	0.0 mg	
16:1 c	~	
16:1 t	~	
17:01	~	
18:1 undifferentiated	40593 mg	
18:1 c	~	
18:1 t	~	
20:01	207 mg	
22:1 undifferentiated	0.0 mg	
22:1 c	~	
22:1 t	~	
24:1 c	0.0 mg	
Polyunsaturated Fat	21.6 g	
16:2 undifferentiated	~	
18:2 undifferentiated	20630 mg	
18:2 n-6 c,c	~	
18:2 c,t	~	
18:2 t,c	~	
18:2 t,t	~	
18:2 i	~	
18:2 t not further defined	~	
18:03	986 mg	
18:3 n-3, c,c,c	~	
18:3 n-6, c,c,c	~	
18:4 undifferentiated	0.0 mg	
20:2 n-6 c,c	0.0 mg	
20:3 undifferentiated	0.0 mg	
20:3 n-3	~	
20:3 n-6	~	
20:4 undifferentiated	0.0 mg	
20:4 n-3	~	
20:4 n-6	~	
20:5 n-3	0.0 mg	
22:02	~	
22:5 n-3	0.0 mg	
22:6 n-3	0.0 mg	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	986 mg	
Total Omega-6 fatty acids	20630 mg	

[Learn more about these fatty acids and their equivalent names](#)

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Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	56.0 IU	1%
Retinol	0.0 mcg	
Retinol Activity Equivalent	3.0 mcg	
Alpha Carotene	0.0 mcg	
Beta Carotene	29.0 mcg	
Beta Cryptoxanthin	9.0 mcg	
Lycopene	0.0 mcg	
Lutein+Zeaxanthin	17.0 mcg	
Vitamin C	1.1 mg	2%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	1.4 mg	7%
Beta Tocopherol	0.4 mg	
Gamma Tocopherol	24.4 mg	
Delta Tocopherol	0.5 mg	
Vitamin K	3.5 mcg	4%
Thiamin	0.7 mg	44%
Riboflavin	0.1 mg	8%
Niacin	1.2 mg	6%
Vitamin B6	0.2 mg	10%
Folate	22.0 mcg	5%
Food Folate	22.0 mcg	
Folic Acid	0.0 mcg	
Dietary Folate Equivalents	22.0 mcg	
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.9 mg	9%
Choline	40.5 mg	
Betaine	0.7 mg	

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Minerals

Amounts Per Selected Serving		%DV
Calcium	70.0 mg	7%
Iron	2.5 mg	14%
Magnesium	121 mg	30%
Phosphorus	277 mg	28%
Potassium	410 mg	12%
Sodium	0.0 mg	0%
Zinc	4.5 mg	30%
Copper	1.2 mg	60%
Manganese	4.5 mg	225%
Selenium	3.8 mcg	5%
Fluoride	10.0 mcg	

Sterols

Amounts Per Selected Serving		%DV
Cholesterol	0.0 mg	0%
Phytosterols	102 mg	
Campesterol	5.0 mg	
Stigmasterol	3.0 mg	
Beta-sitosterol	89.0 mg	

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Other

Amounts Per Selected Serving		%DV
Alcohol	0.0 g	
Water	3.5 g	
Ash	1.5 g	
Caffeine	0.0 mg	
Theobromine	0.0 mg	

Footnotes for Nuts, pecans

Source: Nutrient data for this listing was provided by USDA SR-21. Each "~" indicates a missing or incomplete value.

Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2,000 calorie reference diet. Your daily values may be higher or lower based on your individual needs.

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The Amino Acid Score has not been corrected for digestibility, which could reduce its value.

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