



Southwest Nut Company

Nutritional Data

Roasted Salted Pecans

Serving Size 1/3 cup (37g)

Calories 262

Calories from fat 246

Percent Daily Value	
Total Fat 28g	43%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 42mg	2%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 3g	
Vitamin A	less than 1%
Vitamin C	0%
Calcium	2%
Iron	5%

Ingredients: Pecans, Sunflower Oil, Salt