

# Nutrition Facts

Serving Size 1 oz (28g)

Pecans

Servings Per Container 1

Roasted

Amount Per Serving

w Salt

Calories 200

Calories from Fat 180

% Daily Value\*

Total Fat 21g

32%

Saturated Fat 2g

10%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 160mg

7%

Total Carbohydrate 4g

1%

Dietary Fiber 3g

10%

Sugars 1g

Protein 2g

Vitamin A 0%

• Vitamin C 0%

Calcium 2%

• Iron 4%

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

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Nuts, Pecans, Oil, Vegetable, Cottonseed, Salad Or Cooking, Salt, Table