



SOUTHWEST NUT COMPANY

Nutrients in Raw Pecans (100 Grams) (USDA 1984)

Calories	754
Water	2.93 g
Protein	9.43 g
Carbohydrates	12.19 g
Dietary Fiber	6.25 g
Lipid-Total	67.7 g
Lipid-Saturated	5.06 g
Lipid-Monounsaturated	42.82 g
Lipid-Polysaturated	24.66
Cholesterol	0 mg
Vitamin A-Carotene	12.8 RE ^a
Vitamin A-Preformed	0 RE
Vitamin A-Total	12.8 RE
Thiamin	0.848 mg
Riboflavin	0.128 mg
Niacin	0.887 mg

Essential Amino Acids

Isoleucine	0.322 g
Leucine	0.520 g
Lysine	0.292 g
Methionine	0.186 g
Phenylalanine	0.409 g
Threonine	0.253 g
Tryptophan	0.199 g
Valine	0.386 g

Nonessential Amino Acids

Cysteine	0.209 g
Tyrosine	0.284 g
Arginine	1.105 g
Histidine	0.227 g
Alanine	0.338 g
Aspartic Acid	0.708 g
Glutamic Acid	1.545 g
Glycine	0.377 g
Proline	0.360 g
Serine	0.376 g

^aRE = Retinol Equivalents