



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		
Pyridoxine-B6	0.188 mg		
Cobalamin-B12	0 _{ng}		
Folicin	39.2 _{ng}		
Pantothenic Acid	1.09 mg		
Vitamin C	0 mg		
Vitamin E	0 mg		
Calcium	54.40 mg		
Copper	1.19 mg		
Iron	2.92 mg		
Magnesium	127 mg		
Phosphorus	228 mg		
Potassium	302 mg		
Selenium	5.09 _{ug}		
Sodium	29.30 mg		
Zinc	4.62 mg		

^aRE = Retinol Equivalents