



SOUTHWEST NUT COMPANY

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

| | | | |
|------------------------------|----------------------|-------------------------|---------------------|
| <i>Calories</i> | 754 | | |
| <i>Water</i> | 2.93 g | <i>Pyridoxine-B6</i> | 0.188 mg |
| <i>Protein</i> | 9.43 g | <i>Cobalamin-B12</i> | 0 _{/ug} |
| <i>Carbohydrates</i> | 12.19 g | <i>Folacin</i> | 39.2 _{/ug} |
| <i>Dietary Fiber</i> | 6.25 g | <i>Pantothenic Acid</i> | 1.09 mg |
| <i>Lipid-Total</i> | 67.7 g | <i>Vitamin C</i> | 0 mg |
| <i>Lipid-Saturated</i> | 5.06 g | <i>Vitamin E</i> | 0 mg |
| <i>Lipid-Monounsaturated</i> | 42.82 g | <i>Calcium</i> | 54.40 mg |
| <i>Lipid-Polyunsaturated</i> | 24.66 | <i>Copper</i> | 1.19 mg |
| <i>Cholesterol</i> | 0 mg | <i>Iron</i> | 2.92 mg |
| <i>Vitamin A-Carotene</i> | 12.8 RE _a | <i>Magnesium</i> | 127 mg |
| <i>Vitamin A-Preformed</i> | 0 RE | <i>Phosphorus</i> | 228 mg |
| <i>Vitamin A-Total</i> | 12.8 RE | <i>Potassium</i> | 302 mg |
| <i>Thiamin</i> | 0.848 mg | <i>Selenium</i> | 5.09 _{/ug} |
| <i>Riboflavin</i> | 0.128 mg | <i>Sodium</i> | 29.30 mg |
| <i>Niacin</i> | 0.887 mg | <i>Zinc</i> | 4.62 mg |

Essential Amino Acids

| | |
|----------------------|---------|
| <i>Isoleucine</i> | 0.322 g |
| <i>Leucine</i> | 0.520 g |
| <i>Lysine</i> | 0.292 g |
| <i>Methionine</i> | 0.186 g |
| <i>Phenylalanine</i> | 0.409 g |
| <i>Threonine</i> | 0.253 g |
| <i>Tryptophan</i> | 0.199 g |
| <i>Valine</i> | 0.386 g |

Nonessential Amino Acids

| | |
|----------------------|---------|
| <i>Cysteine</i> | 0.209 g |
| <i>Tyrosine</i> | 0.284 g |
| <i>Arginine</i> | 1.105 g |
| <i>Histidine</i> | 0.227 g |
| <i>Alanine</i> | 0.338 g |
| <i>Aspartic Acid</i> | 0.708 g |
| <i>Glutamic Acid</i> | 1.545 g |
| <i>Glycine</i> | 0.377 g |
| <i>Proline</i> | 0.360 g |
| <i>Serine</i> | 0.376 g |

^aRE = Retinol Equivalents