

Nutrients in Shelled Pecans

Nutrients (Units) In:	100 gms.	1 lb.	1 oz. serving
Calcium (mg)	70	320	20
Iron (mg)	2.53	11.52	0.72
Magnesium (mg)	121	544	34
Phosphorus (mg)	277	1,264	79
Potassium (mg)	410	1,856	116
Sodium (mg)	0	0	0
Zinc (mg)	4.53	20.48	1.28
Copper (mg)	1.20	5.44	0.34
Manganese (mg)	4.50	20.48	1.28
Selenium (mcg)	3.80	17.6	1.1
Vitamin C (mg)	1.10	4.8	0.3
Thiamin (mg)	0.66	3.04	0.19
Riboflavin (mg)	0.13	0.64	0.04
Niacin (mg)	1.17	5.28	0.33
Pantothenic Acid	0.86	4	0.25
Vitamin B6 (mg)	0.21	0.96	0.06
Folate (mcg)	22	96	6
Vitamin B12 (mcg)	0	0	0
Vitamin A (I.U.)	56	256	16
Vitamin K (mcg)	3.50	16	1
Vitamin E (ATE)*(mg)	1.40	6.4	0.4
Water (g)	3.52	16	1
Energy (Kcal)	691	3,136	196
Protein (g)	9.17	41.6	2.6
*Total Fat (g)	71.97	326.4	20.4
Monounsaturated	40.8	185.12	11.57
Polyunsaturated	21.61	98.08	6.13
Saturated	6.18	28	1.75
Trans	0	0	0
Carbohydrate (g)	13.86	62.88	3.93
Dietary fiber (g)	9.6	43.2	2.7
Ash (g)	1.49	6.72	0.42

*Includes fatty acids, phospholipids and glycerols.

Source: USDA National Nutrient Database for Standard Reference, Release 17, 2004. <http://www.usda.gov/fnic/food comp, 2004>.

Key Fatty Acid Composition of Pecans (in grams)

	100 gms.	1 oz. serving
Monounsaturated		
Palmitoleic (16:1)	-	-
Oleic (18:1)	40.6	11.51
Gadoleic (20:1)	0.21	0.06
Erucic (22:1)	-	-
Total fat	40.81	11.57
% Total fat	60%*	60%*
Polyunsaturated		
Linoleic (18:2)	20.63	5.85
Linolenic (18:3)	0.99	0.28
Arachadonic (20:4)	-	-
Total fat	21.62	6.13
% Total fat	31%*	31%*
Saturated		
Capric (10:0)	-	-
Lauric (12:0)	-	-
Myristic (14:0)	-	-
Palmitic (16:0)	4.37	1.24
Stearic (18:0)	1.75	0.50
Arachadic (20:0)	0.07	0.02
Behenic (22:0)	-	-
Total fat	6.19	1.76
% Total fat	9%*	9%*

*Approximate