

Pecans

Serving Size

1 cup, halves, in shell 37 g

Amount Per Serving

Calories 750

	% Daily Value *
Total Fat 78 g	101%
Saturated Fat 7 g	34%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 15 g	5%
Dietary Fiber 10 g	37%
Total Sugars 4 g	
Includes 0 g Added Sugars	0%
Protein 10 g	
Vitamin D 0 mcg	0%
Calcium 76 mg	6%
Iron 3 mg	15%
Potassium 450 mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Allergens:

Ingredients: