

Pecans - Dry Roast, Salted

Nutrition Facts

Serving Size: 100g

Serving per Container:

Amount per Serving

Calories 710 **Calories from Fat:** 668

% Daily Value *

Total Fat	74 g	114 %
Saturated Fat	6 g	30 %
<i>Trans</i> Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	383 mg	16 %
Total Carbohydrates	14 g	5 %
Dietary Fiber	9 g	36 %
Sugars	4 g	
Protein	10 g	

Vitamin A	3%	Vitamin C	1 %
Calcium	7%	Iron	16 %

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram			
	Fat	9	Carbohydrates 4 Protein 4

Ingredients: Pecans, Salt

*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.