

**Full Report (All Nutrients) 12644, Nuts, pecans, oil roasted, with salt added [a](#)**

Report Date: October 24, 2014 13:03 EDT

Nutrient values and weights are for edible portion

Food Group : Nut and Seed Products

Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor: 3.47 Nitrogen to Protein Conversion Factor: 5.3

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1.0 cup 110g	1.0 oz (15 halves) 28.35g
<b>Proximates</b>						
Water <a href="#">1</a>	g	1.13	3	0.035	1.24	0.32
Energy	kcal	715	--	--	786	203
Energy	kJ	2990	--	--	3289	848
Protein <a href="#">1</a>	g	9.20	3	0.058	10.12	2.61
Total lipid (fat) <a href="#">1</a>	g	75.23	3	0.521	82.75	21.33
Ash <a href="#">1</a>	g	1.42	3	0.064	1.56	0.40
Carbohydrate, by difference	g	13.01	--	--	14.31	3.69
Fiber, total dietary <a href="#">1</a>	g	9.5	3	0.394	10.4	2.7
Sugars, total	g	3.97	3	0.265	4.37	1.13
Sucrose <a href="#">1</a>	g	3.90	3	0.265	4.29	1.11
Glucose (dextrose) <a href="#">1</a>	g	0.04	3	0.000	0.04	0.01
Fructose <a href="#">1</a>	g	0.04	3	0.000	0.04	0.01
Lactose <a href="#">1</a>	g	0.00	3	0.000	0.00	0.00
Maltose <a href="#">1</a>	g	0.00	3	0.000	0.00	0.00
Starch <a href="#">1</a>	g	0.28	3	0.023	0.31	0.08
<b>Minerals</b>						
Calcium, Ca <a href="#">1</a>	mg	67	3	6.278	74	19
Iron, Fe <a href="#">1</a>	mg	2.47	3	0.203	2.72	0.70
Magnesium, Mg <a href="#">1</a>	mg	121	3	4.333	133	34
Phosphorus, P <a href="#">1</a>	mg	263	3	18.559	289	75
Potassium, K <a href="#">1</a>	mg	392	3	6.489	431	111
Sodium, Na	mg	393	--	--	432	111

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Zinc, Zn <a href="#">1</a>	mg	4.47	3	0.033	4.92	1.27
Copper, Cu <a href="#">1</a>	mg	1.200	3	0.058	1.320	0.340
Manganese, Mn <a href="#">1</a>	mg	3.700	3	1.114	4.070	1.049
Selenium, Se <a href="#">1</a>	µg	6.0	1	--	6.6	1.7
<b>Vitamins</b>						
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	0.7	3	0.000	0.8	0.2
Thiamin <a href="#">1</a>	mg	0.473	3	0.018	0.520	0.134
Riboflavin <a href="#">1</a>	mg	0.110	3	0.006	0.121	0.031
Niacin <a href="#">1</a>	mg	1.200	3	0.000	1.320	0.340
Pantothenic acid <a href="#">1</a>	mg	0.737	3	0.081	0.811	0.209
Vitamin B-6 <a href="#">1</a>	mg	0.187	3	0.015	0.206	0.053
Folate, total <a href="#">1</a>	µg	15	3	1.444	16	4
Folic acid	µg	0	--	--	0	0
Folate, food	µg	15	3	1.444	16	4
Folate, DFE	µg	15	--	--	16	4
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	5	1	--	6	1
Retinol	µg	0	--	--	0	0
Carotene, beta <a href="#">1</a>	µg	62	1	--	68	18
Carotene, alpha <a href="#">1</a>	µg	0	1	--	0	0
Vitamin A, IU	IU	104	1	--	114	29
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	2.53	3	0.145	2.78	0.72
Tocopherol, beta <a href="#">1</a>	mg	0.35	3	0.107	0.38	0.10
Tocopherol, gamma <a href="#">1</a>	mg	24.20	3	2.470	26.62	6.86
Tocopherol, delta <a href="#">1</a>	mg	1.07	3	0.260	1.18	0.30
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
<b>Lipids</b>						
Fatty acids, total saturated	g	7.238	--	--	7.962	2.052
8:0 <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
10:0 <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
12:0 <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1.0 cup 110g	1.0 oz (15 halves) 28.35g
13:0 <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
14:0 <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
15:0 <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
16:0 <a href="#">1</a>	g	4.969	3	0.055	5.466	1.409
17:0 <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
18:0 <a href="#">1</a>	g	1.849	3	0.036	2.034	0.524
20:0 <a href="#">1</a>	g	0.145	3	0.001	0.160	0.041
22:0 <a href="#">1</a>	g	0.162	3	0.055	0.178	0.046
24:0 <a href="#">1</a>	g	0.114	3	0.031	0.125	0.032
Fatty acids, total monounsaturated	g	40.970	--	--	45.067	11.615
14:1 <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
16:1 undifferentiated <a href="#">1</a>	g	0.024	3	0.024	0.026	0.007
18:1 undifferentiated <a href="#">1</a>	g	40.681	3	2.216	44.749	11.533
20:1 <a href="#">1</a>	g	0.265	3	0.023	0.292	0.075
22:1 undifferentiated <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
24:1 c <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	23.584	--	--	25.942	6.686
18:2 undifferentiated <a href="#">1</a>	g	22.552	3	1.604	24.807	6.393
18:3 undifferentiated <a href="#">1</a>	g	1.031	3	0.025	1.134	0.292
20:2 n-6 c,c <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
20:3 undifferentiated <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
20:4 undifferentiated <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
20:5 n-3 (EPA) <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
22:5 n-3 (DPA) <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
22:6 n-3 (DHA) <a href="#">1</a>	g	0.000	3	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Phytosterols	mg	108	1	--	119	31
Stigmasterol <a href="#">1</a>	mg	5	1	--	6	1
Campesterol <a href="#">1</a>	mg	7	1	--	8	2
Beta-sitosterol <a href="#">1</a>	mg	96	1	--	106	27
<b>Amino Acids</b>						
Tryptophan <a href="#">1</a>	g	0.093	--	--	0.102	0.026

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1.0 cup 110g	1.0 oz (15 halves) 28.35g
Threonine <a href="#">1</a>	g	0.307	--	--	0.338	0.087
Isoleucine <a href="#">1</a>	g	0.337	--	--	0.371	0.096
Leucine <a href="#">1</a>	g	0.600	--	--	0.660	0.170
Lysine <a href="#">1</a>	g	0.288	--	--	0.317	0.082
Methionine <a href="#">1</a>	g	0.183	--	--	0.201	0.052
Cystine <a href="#">1</a>	g	0.153	--	--	0.168	0.043
Phenylalanine <a href="#">1</a>	g	0.428	--	--	0.471	0.121
Tyrosine <a href="#">1</a>	g	0.216	--	--	0.238	0.061
Valine <a href="#">1</a>	g	0.413	--	--	0.454	0.117
Arginine <a href="#">1</a>	g	1.181	--	--	1.299	0.335
Histidine <a href="#">1</a>	g	0.262	--	--	0.288	0.074
Alanine <a href="#">1</a>	g	0.398	--	--	0.438	0.113
Aspartic acid <a href="#">1</a>	g	0.933	--	--	1.026	0.265
Glutamic acid <a href="#">1</a>	g	1.835	--	--	2.018	0.520
Glycine <a href="#">1</a>	g	0.454	--	--	0.499	0.129
Proline <a href="#">1</a>	g	0.364	--	--	0.400	0.103
Serine <a href="#">1</a>	g	0.476	--	--	0.524	0.135

**Sources of Data**

<sup>1</sup>Pecan Shellers Association Nutrient Content of Pecans, 1999

**Footnotes**

<sup>a</sup> Roasted in cottonseed, peanut, soybean, or sunflower oil.

**Language Code(s)**

- A0260 NUT OR NUT PRODUCT (US CFR)
- A1282 1200 NUT AND SEED PRODUCTS (USDA SR)
- B1320 PECAN
- C0155 SEED
- E0151 SOLID
- F0014 FULLY HEAT-TREATED
- G0005 BAKED OR ROASTED
- G0025 COOKED WITH ADDED FAT OR OIL
- H0138 WATER REMOVED
- H0233 FAT OR OIL COATED
- H0367 SALT ADDED
- J0116 DEHYDRATED OR DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION