

# Raw Pecans

<b>NUTRIENT</b>	<b>AMOUNT PER 100g</b>
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## **Basic Components**

Calories	711.00
Calories from Fat	642.86
Protein	9.17 g
Carbohydrates	13.86 g
Dietary Fiber	9.60 g
Sugar – Total	3.97 g
Fat – Total	71.97 g
Saturated Fat	6.17 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	3.52 g
Ash	1.49 g

## **Vitamins**

Vitamin A IU	77.00 IU
Vitamin C	1.10 mg

## **Minerals**

Calcium	70.00 mg
Iron	2.53 mg
Sodium	0 mg