

Full Report (All Nutrients) 12142, Nuts, pecans [a](#) [b](#)

Report Date: August 29, 2017 21:28 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

Refuse:47% Refuse Description: Shells

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 109g	1 cup, halves 99g	1 oz (19 halves) 28.35g
Proximates							
Water 1	g	3.52	3	0.114	3.84	3.48	1.00
Energy	kcal	691	--	--	753	684	196
Energy	kJ	2889	--	--	3149	2860	819
Protein 1	g	9.17	3	0.088	10.00	9.08	2.60
Total lipid (fat) 1	g	71.97	3	0.120	78.45	71.25	20.40
Ash 1	g	1.49	3	0.055	1.62	1.48	0.42
Carbohydrate, by difference	g	13.86	--	--	15.11	13.72	3.93
Fiber, total dietary 1	g	9.6	3	0.406	10.5	9.5	2.7
Sugars, total	g	3.97	3	0.153	4.33	3.93	1.13
Sucrose 1	g	3.90	3	0.153	4.25	3.86	1.11
Glucose (dextrose) 1	g	0.04	3	0.000	0.04	0.04	0.01
Fructose 1	g	0.04	3	0.000	0.04	0.04	0.01
Lactose 1	g	0.00	3	0.000	0.00	0.00	0.00
Maltose 1	g	0.00	3	0.000	0.00	0.00	0.00
Starch 1	g	0.46	3	0.049	0.50	0.46	0.13
Minerals							
Calcium, Ca 1	mg	70	3	4.767	76	69	20
Iron, Fe 1	mg	2.53	3	0.260	2.76	2.50	0.72
Magnesium, Mg 1	mg	121	3	4.096	132	120	34
Phosphorus, P 1	mg	277	3	17.638	302	274	79

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 109g	1 cup, halves 99g	1 oz (19 halves) 28.35g
Potassium, K 1	mg	410	3	17.247	447	406	116
Sodium, Na 1	mg	0	3	0.000	0	0	0
Zinc, Zn 1	mg	4.53	3	0.133	4.94	4.48	1.28
Copper, Cu 1	mg	1.200	3	0.058	1.308	1.188	0.340
Manganese, Mn 1	mg	4.500	3	1.050	4.905	4.455	1.276
Selenium, Se 1 3 4	µg	3.8	9	0.114	4.1	3.8	1.1
Fluoride, F 2	µg	10.0	9	--	10.9	9.9	2.8
Vitamins							
Vitamin C, total ascorbic acid 1	mg	1.1	3	0.430	1.2	1.1	0.3
Thiamin 1	mg	0.660	3	0.021	0.719	0.653	0.187
Riboflavin 1	mg	0.130	3	0.030	0.142	0.129	0.037
Niacin 1	mg	1.167	3	0.033	1.272	1.155	0.331
Pantothenic acid 1	mg	0.863	3	0.078	0.941	0.854	0.245
Vitamin B-6 1	mg	0.210	3	0.021	0.229	0.208	0.060
Folate, total 1	µg	22	3	3.808	24	22	6
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	22	3	3.808	24	22	6
Folate, DFE	µg	22	--	--	24	22	6
Choline, total 3 4	mg	40.5	--	--	44.1	40.1	11.5
Betaine 3 4	mg	0.7	5	0.074	0.8	0.7	0.2
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	3	--	--	3	3	1
Retinol	µg	0	--	--	0	0	0
Carotene, beta 1 3 4	µg	29	9	1.105	32	29	8
Carotene, alpha 1 3 4	µg	0	9	0.000	0	0	0
Cryptoxanthin, beta 3 4	µg	9	8	1.711	10	9	3
Vitamin A, IU	IU	56	--	--	61	55	16
Lycopene 3 4	µg	0	8	0.000	0	0	0
Lutein + zeaxanthin 3 4	µg	17	8	1.653	19	17	5
Vitamin E (alpha-tocopherol) 1	mg	1.40	9	0.076	1.53	1.39	0.40
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 109g	1 cup, halves 99g	1 oz (19 halves) 28.35g
Tocopherol, beta 1	mg	0.39	9	0.113	0.43	0.39	0.11
Tocopherol, gamma 1	mg	24.44	9	1.498	26.64	24.20	6.93
Tocopherol, delta 1	mg	0.47	9	0.085	0.51	0.47	0.13
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone) 3 4	µg	3.5	8	0.413	3.8	3.5	1.0
Lipids							
Fatty acids, total saturated	g	6.180	--	--	6.736	6.118	1.752
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0 1	g	0.000	3	0.000	0.000	0.000	0.000
10:0 1	g	0.000	3	0.000	0.000	0.000	0.000
12:0 1	g	0.000	3	0.000	0.000	0.000	0.000
13:0 1	g	0.000	3	0.000	0.000	0.000	0.000
14:0 1	g	0.000	3	0.000	0.000	0.000	0.000
15:0 1	g	0.000	3	0.000	0.000	0.000	0.000
16:0 1	g	4.366	3	0.213	4.759	4.322	1.238
17:0 1	g	0.000	3	0.000	0.000	0.000	0.000
18:0 1	g	1.745	3	0.022	1.902	1.728	0.495
20:0 1	g	0.069	3	0.000	0.075	0.068	0.020
22:0 1	g	0.000	3	0.000	0.000	0.000	0.000
24:0 1	g	0.000	3	0.000	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	40.801	--	--	44.473	40.393	11.567
14:1 1	g	0.000	3	0.000	0.000	0.000	0.000
16:1 undifferentiated 1	g	0.000	3	0.000	0.000	0.000	0.000
18:1 undifferentiated 1	g	40.594	3	2.143	44.247	40.188	11.508
20:1 1	g	0.207	3	0.000	0.226	0.205	0.059
22:1 undifferentiated 1	g	0.000	3	0.000	0.000	0.000	0.000
24:1 c 1	g	0.000	3	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	21.614	--	--	23.559	21.398	6.128
18:2 undifferentiated 1	g	20.628	3	1.806	22.485	20.422	5.848
18:3 undifferentiated 1	g	0.986	3	0.044	1.075	0.976	0.280

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 109g	1 cup, halves 99g	1 oz (19 halves) 28.35g
18:4	g	0.000	--	--	0.000	0.000	0.000
20:2 n-6 c,c 1	g	0.000	3	0.000	0.000	0.000	0.000
20:3 undifferentiated 1	g	0.000	3	0.000	0.000	0.000	0.000
20:4 undifferentiated 1	g	0.000	3	0.000	0.000	0.000	0.000
20:5 n-3 (EPA) 1	g	0.000	3	0.000	0.000	0.000	0.000
22:5 n-3 (DPA) 1	g	0.000	3	0.000	0.000	0.000	0.000
22:6 n-3 (DHA) 1	g	0.000	3	0.000	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Stigmasterol 3	mg	3	3	0.285	3	3	1
Campesterol 3	mg	6	3	0.564	7	6	2
Beta-sitosterol 3	mg	117	3	0.216	128	116	33
Amino Acids							
Tryptophan 1	g	0.093	--	--	0.101	0.092	0.026
Threonine 1	g	0.306	--	--	0.334	0.303	0.087
Isoleucine 1	g	0.336	--	--	0.366	0.333	0.095
Leucine 1	g	0.598	--	--	0.652	0.592	0.170
Lysine 1	g	0.287	--	--	0.313	0.284	0.081
Methionine 1	g	0.183	--	--	0.199	0.181	0.052
Cystine 1	g	0.152	--	--	0.166	0.150	0.043
Phenylalanine 1	g	0.426	--	--	0.464	0.422	0.121
Tyrosine 1	g	0.215	--	--	0.234	0.213	0.061
Valine 1	g	0.411	--	--	0.448	0.407	0.117
Arginine 1	g	1.177	--	--	1.283	1.165	0.334
Histidine 1	g	0.262	--	--	0.286	0.259	0.074
Alanine 1	g	0.397	--	--	0.433	0.393	0.113
Aspartic acid 1	g	0.929	--	--	1.013	0.920	0.263
Glutamic acid 1	g	1.829	--	--	1.994	1.811	0.519
Glycine 1	g	0.453	--	--	0.494	0.448	0.128
Proline 1	g	0.363	--	--	0.396	0.359	0.103
Serine 1	g	0.474	--	--	0.517	0.469	0.134
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 109g	1 cup, halves 99g	1 oz (19 halves) 28.35g
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0
Flavonoids							
Anthocyanidins							
Cyanidin 6	mg	10.74	7	1.5	11.71	10.63	3.04
Petunidin 6	mg	0.0	7	0	0.0	0.0	0.0
Delphinidin 6	mg	7.3	7	0.92	7.9	7.2	2.1
Malvidin 6	mg	0.0	7	0	0.0	0.0	0.0
Pelargonidin 6	mg	0.0	7	0	0.0	0.0	0.0
Peonidin 6	mg	0.0	7	0	0.0	0.0	0.0
Flavan-3-ols							
(+)-Catechin 6	mg	7.2	7	0.51	7.9	7.2	2.1
(-)-Epigallocatechin 6	mg	5.6	7	1.47	6.1	5.6	1.6
(-)-Epicatechin 6	mg	0.8	7	0.08	0.9	0.8	0.2
(-)-Epicatechin 3-gallate 6	mg	0.0	7	0	0.0	0.0	0.0
(-)-Epigallocatechin 3-gallate 6	mg	2.3	7	0.46	2.5	2.3	0.7
(+)-Gallocatechin 6	mg	0.0	7	0	0.0	0.0	0.0
Flavanones							
Hesperetin 6	mg	0.0	7	0	0.0	0.0	0.0
Naringenin 6	mg	0.0	7	0	0.0	0.0	0.0
Flavones							
Apigenin 6	mg	0.0	7	0	0.0	0.0	0.0
Luteolin 6	mg	0.0	3	0	0.0	0.0	0.0
Flavonols							
Myricetin 6	mg	0.0	7	0	0.0	0.0	0.0
Quercetin 6	mg	0.0	7	0	0.0	0.0	0.0
Isoflavones							
Daidzein 7	mg	0.00	1	--	0.00	0.00	0.00
Genistein 7	mg	0.00	1	--	0.00	0.00	0.00
Glycitein 7	mg	0.00	1	--	0.00	0.00	0.00
Total isoflavones 7	mg	0.00	1	--	0.00	0.00	0.00
Formononetin	mg	0.00	1	--	0.00	0.00	0.00

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 109g	1 cup, halves 99g	1 oz (19 halves) 28.35g
Coumestrol	mg	0.00	1	--	0.00	0.00	0.00
Proanthocyanidin							
Proanthocyanidin dimers ⁵	mg	42.1	8	5.42	45.9	41.7	11.9
Proanthocyanidin trimers ⁵	mg	26.0	8	1.98	28.4	25.8	7.4
Proanthocyanidin 4-6mers ⁵	mg	101.4	8	10.45	110.6	100.4	28.8
Proanthocyanidin 7-10mers ⁵	mg	84.2	8	12.9	91.8	83.4	23.9
Proanthocyanidin polymers (>10mers) ⁵	mg	223.0	8	59.05	243.1	220.8	63.2

Sources of Data

¹Pecan Shellers Association **Nutrient Content of Pecans**, 1999

²Robert Ophaug **Fluoride, Unpublished - Ophaug**, Microdiffision

³Nutrient Data Laboratory, ARS, **USDA National Food and Nutrient Analysis Program Wave 5n**, 2001 Beltsville MD

⁴Nutrient Data Laboratory, ARS, **USDA National Food and Nutrient Analysis Program Wave 5c**, 2001 Beltsville MD

⁵Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. **Concentrations of proanthocyanidins in common foods and estimations of normal consumption**, 2004 J. Nutr. 134 pp.613-617

⁶Harnly, J. M., Doherty, R., Beecher, G. R., Holden, J. M., Haytowitz, D. B., and Bhagwat, S., and Gebhardt S. **Flavonoid content of U.S. fruits, vegetables, and nuts**, 2006 J. Agric. Food Chem. 54 pp.9966-9977

⁷Thompson, L. U., Boucher, B. A., Liu, Z., Cotterchio, M., and Kreiger, N. **Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestan.**, 2006 Nutr. Cancer 54 pp.184-201

Footnotes

^a Unroasted

^b Other phytosterols = 32.8 mg/100g; these include delta 5-avenasterol (14.3), campestanol (2.8), brassicasterol (0.5), and other minor phytosterols (15.1 mg).