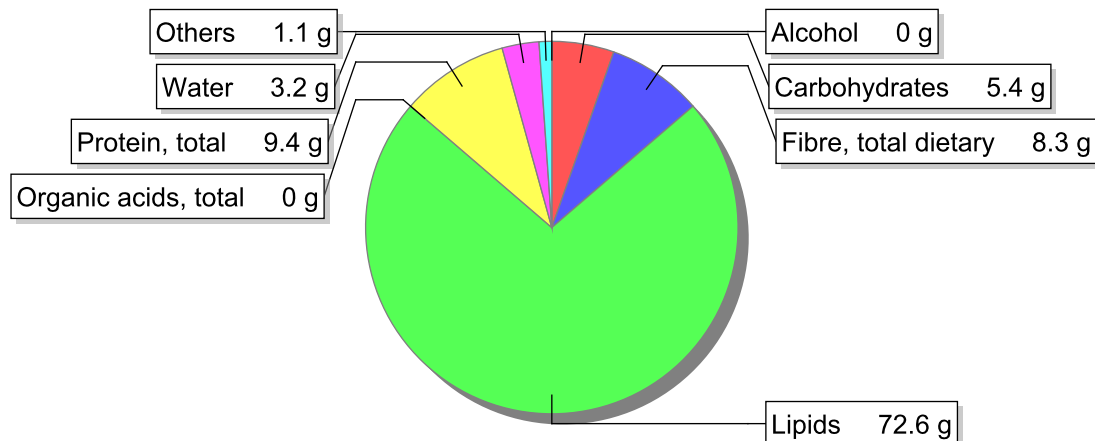


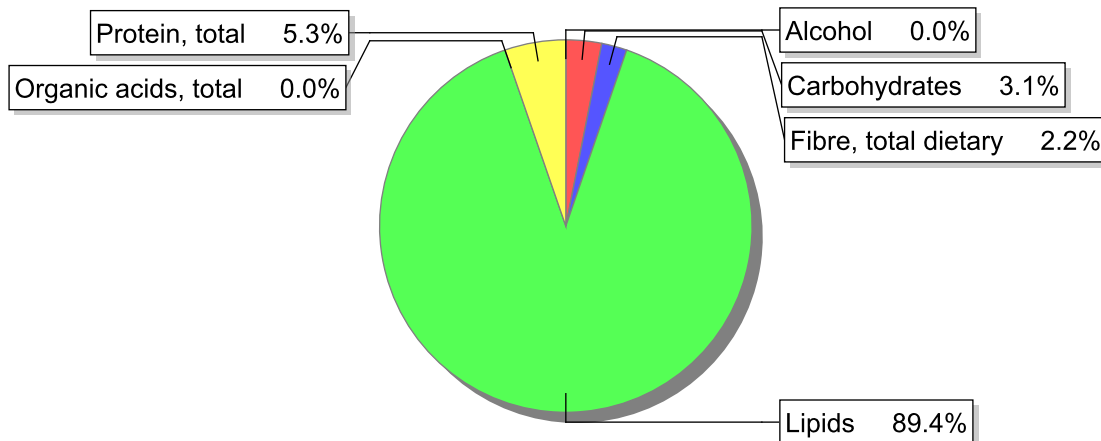
Food

Name: Pecan nut
Group: Todos
Subgroup:
Edible Part: 100%
Code:
FoodEX2 Code: A014N

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	729	kcal	
energy kJ, total metabolisable	3000	kJ	
fatty acids, total saturated	6.6	g	659
fatty acids, total monounsaturated	40.6	g	659
fatty acids, total polyunsaturated	23.1	g	659
fatty acid 18:2 n-6 cis,cis	22.1	g	659
fatty acids, total trans	0	g	649
sugars, total	3.9	g	649, 659
sucrose	3.5	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0	g	
starch, total	0.9	g	649, 659
protein, total	9.4	g	649, 659
alcohol	0	g	649
water	3.2	g	649, 659
organic acids, total	0	g	659
cholesterol	0	mg	649
vitamin A; retinol equiv from retinol and carotenoid activities	8	µg	649
carotene, total (vitamin A precursors)	50	µg	
vitamin D	0	µg	659
alpha-tocopherol	1.45	mg	649
thiamin	0.65	mg	649, 659
riboflavin	0.14	mg	649, 659
niacin, preformed	1.29	mg	649, 659
niacin equivalents, total	5.39	mg	
niacin equivalents from tryptophan	4.1	mg	649
vitamin B-6, total	0.2	mg	649, 659
vitamin B-12	0	µg	659
vitamin C	0.5	mg	649, 659
folate, total	29.4	µg	649, 659
ash	1.5	g	659
sodium	1	mg	649, 659
potassium	460	mg	649, 659
calcium	65	mg	649, 659
phosphorus	290	mg	649, 659
magnesium	130	mg	649, 659
iron, total	2.4	mg	649, 659
zinc	5	mg	649, 659
selenium, total	8.6	µg	649, 659

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
649	McCance and Widdowson's 'composition of foods integrated dataset' on the nutrient content of the UK food supply File: McCance_Widdowson_s_Composition_of_Foods_Integrated_Dataset (Published 25 March 2015).

Id	Reference
659	ANSES-CIQUAL French Food Composition Table version 2017, FoodExplorer