

# Nutrition Facts

**Pecan**

**Serving size (100g)**

**Amount Per Serving**

**Calories**

**690**

[www.ihcare.ae](http://www.ihcare.ae)

**% Daily Value\***

**Total Fat 72g** **92%**

Saturated Fat 6.2g **31%**

*Trans* Fat 0g

**Cholesterol 0mg** **0%**

**Sodium 0mg** **0%**

**Total Carbohydrate 14g** **5%**

Dietary Fiber 10g **36%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

**Protein 9g** **18%**

Vitamin D 0mcg **0%**

Calcium 70mg **6%**

Iron 2.5mg **15%**

Potassium 0mg **0%**

Vitamin A 3mcg **0%**

Vitamin C 1.1mg **2%**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.