



≥ Foodie Friday ≤

November is **National Pecan Month!**

Let's talk about it.



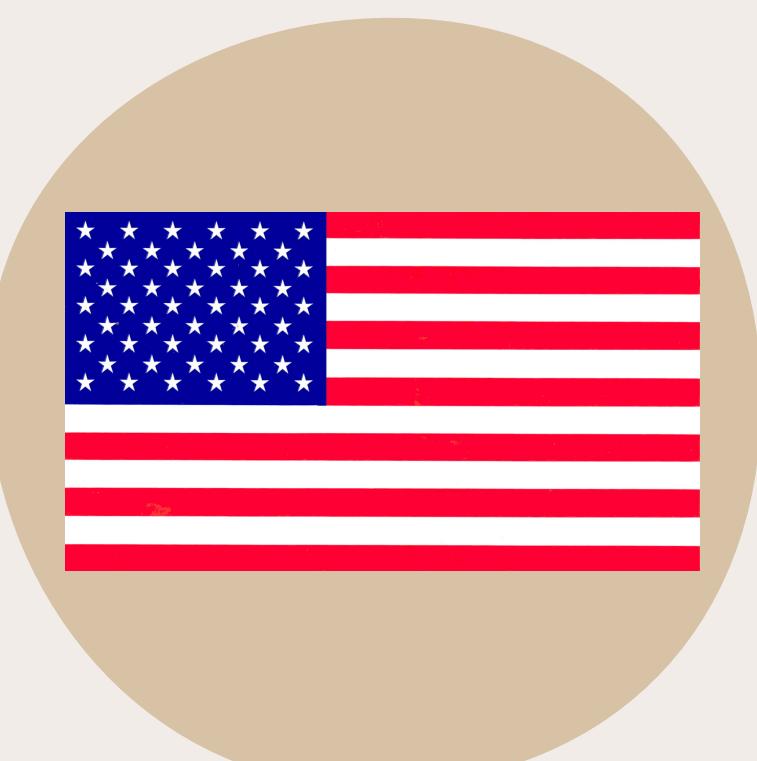
The word "Pecan" is of Algonquin origin and was used to describe "all nuts requiring a stone to crack".

Some pecan trees grow as tall as 150 feet.

Over 1,000 varieties of pecans exist.



Did You Know?



The USA is responsible for 80% of the world's pecan crop.

Before a pecan can be sold, it must be cleaned, sized, sterilized, cracked and shelled.

An average pecan pie usually contains about 78 pecans.

Nutrition

Nutrition Facts

| | |
|------------------------------|----------------|
| 1 servings per container | |
| Serving size | Pecans (60ml) |
| Amount Per Serving | |
| Calories | 170 |
| | % Daily Value* |
| Total Fat 2.5g | 3% |
| Saturated Fat 1.6g | 8% |
| Trans Fat 0g | |
| Monounsaturated Fat 10.2g | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 3g | 1% |
| Dietary Fiber 2g | 7% |
| Total Sugars 1g | |
| Includes 0g Added Sugars | 0% |
| Protein 2g | 4% |
| Vitamin D 0mcg | 0% |
| Calcium 18mg | 2% |
| Iron 0.6mg | 4% |
| Potassium 103mg | 2% |
| Vitamin E | 2% |
| Folate | 2% |
| Vitamin B12 | 0% |
| Phosphorus | 6% |
| Magnesium | 8% |

*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.

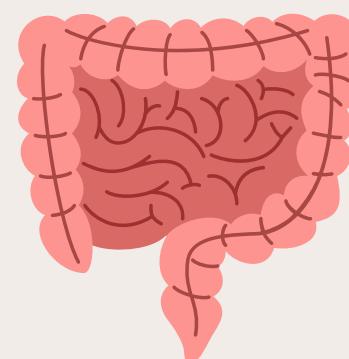
Nuts, including pecans, are a good source of healthy fat such as monounsaturated fat. They also do not contain any cholesterol.



heart health



Pecans are also a source of fiber.



healthy bowel



feeling full



Nuts contain antioxidants, which help protect against certain diseases, as well as protein which helps with muscle growth.

Recipes

[Apple Pecan Arugula Salad](#)

[Maple Pecan Pork Chops](#)

[Pecan-Coconut Crusted Tilapia](#)

[Pecan Pie](#)

[Toasted Rosemary Pecans](#)

Click on
each name
for the
recipe!