



# Foodie Friday

November is **National Pecan Month!**

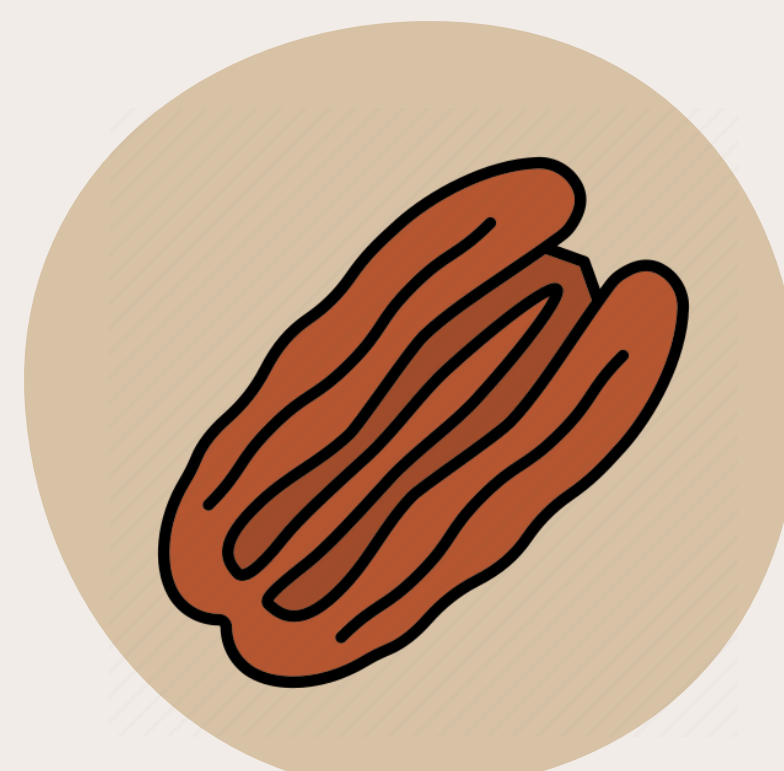
Let's talk about it.



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     |                      |
| <b>Serving size</b>          | <b>Pecans (60ml)</b> |
| <b>Amount Per Serving</b>    |                      |
| <b>Calories</b>              | <b>170</b>           |
| <b>% Daily Value*</b>        |                      |
| <b>Total Fat</b> 2.5g        | <b>3%</b>            |
| Saturated Fat 1.6g           | <b>8%</b>            |
| Trans Fat 0g                 |                      |
| Monounsaturated Fat 10.2g    |                      |
| <b>Cholesterol</b> 0mg       | <b>0%</b>            |
| <b>Sodium</b> 0mg            | <b>0%</b>            |
| <b>Total Carbohydrate</b> 3g | <b>1%</b>            |
| Dietary Fiber 2g             | <b>7%</b>            |
| Total Sugars 1g              |                      |
| Includes 0g Added Sugars     | <b>0%</b>            |
| <b>Protein</b> 2g            | <b>4%</b>            |
| 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

Click on  
each name  
for the  
recipe!

[Apple Pecan Arugula Salad](#)

[Maple Pecan Pork Chops](#)

[Pecan-Coconut Crusted Tilapia](#)

[Pecan Pie](#)

[Toasted Rosemary Pecans](#)