



Pecan Meal

Have you thought about using Pecan Meal as a gluten free alternative?

Replacing wheat-flour with nut meal is a fabulous way to add a delicious, nutty flavour to cakes and other baked goods. Pecan meal contributes a healthy wholemeal texture, but better yet, the high levels of heart-healthy oils in pecan meal also allow you to reduce your butter by as much as 20%, thus significantly lowering your saturated fat content. Why not give pecan meal a try!

There's Value in Pecans!

- Pecans have the highest level of antioxidants of any nut. (1)
- Pecans provide both protein and dietary fibre which work together to satiate hunger and thus are helpful in weight control. (2)
- Pecan Meal contains natural Omega 3 (not found in almond meal)
- Not only are pecans cholesterol-free, but some 94% of the oils are mono- or poly-unsaturated. These oils work to reduce cholesterol and thus reduce the risk of heart disease. (3)

(1) *Journal of Agriculture and Food Chemistry*, June 2005.

(2) Sabaté J. Nut consumption and body weight. *Am J Clin Nutr* 2003; 78 (Suppl): 647-650.

(3) Sabaté J, Fraser GE. Nuts: a new protective food against coronary heart disease. *Curr Opin Lipidol* 1994; 5: 11-16.

Storage and freshness

To maintain freshness, we recommend refrigeration or freezer storage in an airtight container.



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Pecan Nuts

NUTRITION INFORMATION

Serving size: 50g

	Avg Quantity per Serving	Avg Quantity per 100g
Energy	1490kJ (356Cal)	2980kJ (711Cal)
Protein	4.9g	9.8g
Fat, Total	36.0g	71.9g
- Saturated	2.3g	4.5g
- Trans	0.0g	0.0g
- Monounsaturated	19.5g	39.1g
- Polyunsaturated	12.4g	24.8g
- Omega 3	310mg	620mg
- Alpha-linolenic acid	310mg	620mg
Cholesterol	0.0mg	0.0mg
Carbohydrate	2.5g	4.9g
- Sugars	2.2g	4.3g
Dietary Fibre	4.2g	8.4g
Thiamin	0.2mg (19%RDI)	0.4mg
Riboflavin	less than 0.1mg	0.2mg
Niacin Equivalents	1.5mg (15%RDI)	2.9mg
Vitamin E	0.7mg (7%RDI)	1.4mg
Vitamin B6	0.1mg (7%RDI)	0.2mg
Folate	19.5ug (10%RDI)	39.0ug
Sodium	2mg	3mg
Potassium	250mg	500mg
Magnesium	55.0mg (17%RDI)	110mg
Calcium	25.5mg (3%RDI)	51.0mg
Iron	1.2mg (10%RDI)	2.4mg
Zinc	2.0mg (16%RDI)	3.9mg
Copper	0.6mg (20%RDI)	1.2mg
Selenium	1.9ug (3%RDI)	3.8ug

Available From:

