#### PECANS Unshelled



**What’s NUTS about PECANS**



* Pecan trees usually range in height from 70 to 100 feet, but some trees grow as tall as 150 feet or higher. Native pecan trees – those over 150 years old – have trunks more than three feet in diameter.
* Some of the larger pecan shellers process 150,000 pounds of pecans each day. That’s enough to make 300,000 pecan pies!
* The U.S. produces about 80 percent of the world’s pecan crop.
* It is speculated that pecans were used to produce a fermented intoxicating drink called “Powcohicora” (where the word “hickory” comes from)
* Pecans contain more than 19 vitamins and minerals including: vitamin A, vitamin E, folic acid, calcium, magnesium, phosphorus, potassium, several B vitamins and zinc just to name a few.
* Pecans are also a natural, high-quality source of protein (9 grams per cup) and energy (685 calories per cup) that contains very few carbohydrates and no cholesterol. Pecans are also naturally **sodium-free, rich** in antioxidants and a good source of heart-healthy monounsaturated fats.
* As stated above pecans are rich in monounsaturated. This means by adding pecans to your diet, may decrease total cholesterol, and LDL cholesterol (bad cholesterol) and increase HDL(good cholesterol).

Pecans known to most as nuts are actually not nuts at all but a botanical fruit known as “drupe”.

**TRY PECANS IN**

Salads

Desserts

Crust for meats

Pasta



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