

SURPRISINGLY SNACKABLE PECANS

Perhaps you know pecans as the festive flavor that shines in holiday baking, but this native nut's buttery taste, versatility and nutritional properties make them surprisingly snackable all year round!



MORE THAN MEETS THE PIE

When you choose pecans as a snack, you get the health benefits you're looking for without giving up the natural sweetness you crave.

THE NUT IN NUTRITIOUS

ANTIOXIDANTS

Antioxidants are substances found in food that can protect against cell damage. Pecans have some of the highest levels of antioxidants among common tree nuts, particularly gamma tocopheril, a unique form of vitamin E.¹

KEEPS YOU ENERGIZED THROUGHOUT THE DAY

Most people in the U.S. don't get enough plant-based protein³, so snack up!

3 GRAMS OF PLANT-BASED PROTEIN

UNSATURATED FAT

Pecans are Heart-Check certified by the American Heart-Association.*



18 GRAMS OF UNSATURATED FAT, INCLUDING OLEIC ACID (only 2 grams of saturated fat)

PROMOTES DIGESTIVE HEALTH AND KEEPS YOU FEELING FULL

DIETARY FIBER

Diets higher in fiber can aid digestive health and reduce the risk of developing cardiovascular disease.⁴

GOOD SOURCE OF DIETARY FIBER, 11% DV

MADE FOR MODERN DIETS:

With their nutritional profile, pecans fit easily into plant-based diets, keto diet, Mediterranean diet and more delivering natural nutrition, protein, and great taste!

ONLY 4 GRAMS OF CARBS

PHYTONUTRIENTS

Flavonoids and plant sterols are special compounds made by plants and provide health benefits to the body.²

10MG FLAVONOIDS

36 MG OF PLANT STEROLS

Serving size = 1 ounce or about 19 halves DV = % Daily Value Source: USDA National Nutrient Database for Standard Reference

**Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as pecans, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.*

REFERENCES
1 https://www.ars.usda.gov/ARSUserFiles/80400525/articles/aicr07_orac.pdf
2 USDA: Phytonutrients: <https://www.nal.usda.gov/human-nutrition-and-food-safety/food-composition/phytonutrients>
3 USDA: Dietary Guidelines for Americans 2020-2025 https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf
4 FDA Fiber Fact Sheet: https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/assets/InteractiveNFL_DietaryFiber_October2021.pdf



GET CRACKING:

Pecans make a great addition to both sweet and savory foods. Use them as a yogurt topping or for some added crunch in trail mix, pancakes, or oatmeal.

When buying shelled pecans, look for kernels that are plump and golden brown. Preserve their rich oils and buttery taste by storing your shelled pecans in the refrigerator or freezer.

Visit EatPecans.com and follow @EatPecans for recipes and snacking inspiration.

SURPRISINGLY SNACKABLE INSPIRATION:



GARLIC HERB PECANS

- | | |
|-------------------------------------------|-----------------------------------------------------------------------|
| 1 lg egg white, beaten | 1 to 2 tbsp fresh chopped herbs such as rosemary, thyme, chives, etc. |
| 2 c raw pecan halves | 1 tsp salt |
| 3 tsp extra virgin olive oil or pecan oil | |
| 2 tsp garlic powder | |

1. Preheat oven to 300 degrees F. Line a baking sheet with parchment paper, set aside.
2. In a large bowl, whisk beat egg with a fork until frothy. Add pecans and stir until coated. In a small bowl, whisk together olive oil, garlic powder, herbs, and salt. Pour mixture over pecans and stir to coat evenly. Spread pecans in an even layer on the prepared baking sheet.
3. Bake pecans for 40 minutes, stirring halfway through. Allow pecans to cool completely. Store in an airtight container for up to 4 days. Makes 2 cups.



CHERRY PECAN ENERGY BITES

- | | |
|--------------------------|--------------------------------------------|
| 1 c toasted pecan pieces | 1 tbsp cacao powder, plus more for coating |
| 1 c dried cherries | 1 tsp vanilla extract |
| 4 medjool dates, pitted | |
| 1/4 c old-fashioned oats | |

1. Add all of the ingredients to the bowl of a food processor.
2. Pulse until the ingredients begin to bind and form a loose dough-like ball.
3. Roll into 1-inch balls. Roll the balls in cacao powder (optional) and transfer to an airtight container. Refrigerate until ready to serve. Makes 10 to 12 energy bites.

NOTES: To make this recipe gluten-free, substitute 1/4 cup of certified gluten-free old-fashioned oats.

The energy balls will stay fresh in the refrigerator for up to 7 days.

AHA's Heart-Check certification does not apply to recipes.



BROUGHT TO YOU BY THE AMERICAN PECAN PROMOTION BOARD (APPB)

APPB was founded in 2021 and comprised of pecan producers and importers. Our group is dedicated to driving the demand for pecans through research and promotion efforts.

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