



PECAN MEAL

Pecan meal (ground pecans) adds great nutty flavor to baked goods. Use in piecrusts, muffins, cookies, breads, etc.

Keep it handy in the freezer.

3437

© NET WT 16 OZ (1 LB) 454g

KING ARTHUR FLOUR | NORWICH, VERMONT 05055

kingarthurfLOUR.com | 800.827.6836

PECAN MEAL

Looking for recipes using this product?
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Nutrition Facts

Serving Size 3 Tbsp (15g)
Servings Per Container about 30

Amount Per Serving

Calories 100 **Calories from Fat 100**

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 1g **5%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 2g **1%**

 Dietary Fiber 1g **4%**

 Sugars 1g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

INGREDIENTS: PECANS.

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Store cool and dry.

Produced on equipment that also processes eggs, milk, soy, wheat, almonds, hazelnuts, walnuts, and coconut.

