

Texas Pecans. Texas Heart.



In Texas, pecans hold a special place in hearts—and kitchens—across the state. The only major tree nut truly native to the United States, archaeologists have found evidence of pecan seed and leaf fossils formed along the Rio Grande dating as far back as 6100 B.C. Today, Texas is a leading pecan grower and the top producer among states where the tree is native. It's no wonder that the pecan is recognized with the State Tree (pecan tree), the State Health Nut (pecan nut), and the Texas State Pie (pecan pie) designations.

Native to more than half the counties in the state, Texas pecans are grown and harvested by family farmers in all regions of Texas, with many of these farms passed down for multiple generations. Today, native pecan trees continue to grow along riverbeds and streams, and improved varieties are raised in managed groves across the state. The delicious flavor and texture of Texas pecans offer palate-pleasing, healthful and inspired meals. In fact, to enjoy Texas pecans is like enjoying a bit of Texas wherever you are.

Heart Healthy Punch

With so many ways to enjoy pecans—from snacking to including them as a key ingredient in sweet and savory dishes—it's easy to forget how good they are for you! According to the U.S. Food and Drug Administration, scientific evidence suggests that eating 42.5 grams (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.*

As consumers become increasingly concerned about and interested in their health and the role food plays in it, pecans easily fit into virtually every dietary need or preference.

UNSATURATED FAT
18 grams of monounsaturated fat, including oleic acid (only 2 grams of saturated fat)

PHYTONUTRIENTS
10 mg of flavonoids
36 mg of plant sterols

PLANT PROTEIN
3 grams of plant-based protein

ANTIOXIDANT VITAMINS
8 mcg of beta carotene or provitamin A, 7 mg gamma-tocopherols, a form of vitamin E

ANTIOXIDANT VITAMINS
A trio of essential minerals: 60% DV manganese, 40% DV copper and 10% DV zinc

DIETARY FIBER
Good source of dietary fiber, 11% DV

More Information

Contact the Texas Department of Agriculture for more information about Texas agricultural products at GoGlobal@TexasAgriculture.gov.

Serving size = 1 ounce or about 19 halves;
DV = Daily Value

Source: USDA National Nutrient Database for Standard Reference

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Unlock Pecan Potential

This premium nut will delight guests from the fanciest dinner party to the most casual picnic. Texas pecans are available in various sizes from mammoth to small, both whole and in pieces, as well as a variety of other formats, including granules, pecan flour, pecan oil, pecan butter, pecan paste, and pecan milk. Texas also sells many different pecan products, from snacking nuts to breading and so much more.

In whatever format works for you, the Texas pecan melds perfectly with any flavor on the global palette, from sweetest sweet to hottest hot. Try pecans with the following flavors to unlock their full potential: wasabi, curry, delicate herbs, any spice in the rack, savory and umami essences, caramel, honey, tropical fruits, or chocolate.

The Texas pecan's complex texture—a buttery, smooth crunch—adds dimension and depth to every dish. By adding pecans, you can elevate the texture of whole and heirloom grains or legumes steamed, simmered, or braised as a savory pilaf. Mashed, cracked, bits or whole, toasted, roasted or simply raw—any way you use them, Texas pecans add substance, flavor and texture to vegetables year-round. Texas pecans or the silkiness of pecan oil add new dimension to side dishes—from salads to stuffed chile rellenos. And, whatever you're breading, Texas pecan meal or ground Texas pecans add extra crunch and flavor.

The versatility, texture and flavor of Texas pecans is sure to enhance any dish or bring Texas joy as a simple, tasty and good-for-you snack!



WHOLE



HALVES



PIECES



GRANULES & MEAL



PECAN FLOUR



PECAN MILK



PECAN OIL



PECAN BUTTER



PECAN PIE



GRILLED TEXAS PEACHES WITH TEXAS HONEY AND TOASTED TEXAS PECANS



SPICY ORANGE PECANS