

Berdoll Pecan Candy & Gift Company
Nutrition Information

Milk Chocolate Caramel Pecan Cluster

Nutrition Facts	Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
	Serving Size 1 Cluster (30g) Servings Per Container approx. 15 Calories 160 Calories from Fat 110 <small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	Total Fat 12g	18%	Total Carbohydrate 14g
Saturated Fat 4g		20%	Dietary Fiber 1g	4%
Trans Fat 0g			Sugars 11g	
Cholesterol 5mg		2%	Protein 2g	
Sodium 20mg		1%		
Vitamin A 0%		• Vitamin C 0%	Calcium 4%	• Iron 4%

Ingredients: Pecans, Caramel (Corn Syrup, Sugar, Milk, Fructose, Hydrogenated Coconut Oil, Butter, Mono and Diglycerides, Salt, Soy Lecithin (Emulsifier), Vanillin (Artificial Flavor) Milk Chocolate (Sugar, Unsweetened Chocolate, Milk, and Cocoa Butter), Soya Lecithin (Emulsifier) and Vanillin (Artificial Flavor).

Contains: Tree Nuts, Milk, And Soy Ingredients.

Milk Chocolate Covered Pecan Brittle

Nutrition Facts	Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
	Serving Size 30 grams Servings Per Container approx. 15 Calories 150 Calories from Fat 80 <small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	Total Fat 8g	12%	Total Carbohydrate 18g
Saturated Fat 4g		20%	Dietary Fiber 1g	4%
Trans Fat 0g			Sugars 16g	
Cholesterol 0mg		0%	Protein 1g	
Sodium 130mg		5%		
Vitamin A 0%		• Vitamin C 0%	Calcium 2%	• Iron 4%

Ingredients: Pecans, Pecan Brittle (Corn Syrup, Sugar, Pecans, Coconut Oil, Butter (Cream & Salt), Sodium Bicarbonate, Salt) and Soy Lecithin (Emulsifier), Milk Chocolate (Sugar, Unsweetened Chocolate, Milk, and Cocoa Butter), Soya Lecithin (Emulsifier) and Vanillin (Artificial Flavor).

Contains: Tree Nuts, Milk and Soy Ingredients.

Milk Chocolate Covered Pecans

Nutrition Facts	Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
	Serving Size approx. 1/4 cup (30g) Servings Per Container approx. 15 Calories 170 Calories from Fat 120 <small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	Total Fat 14g	22%	Total Carbohydrate 13g
Saturated Fat 4.5g		23%	Dietary Fiber 1g	4%
Trans Fat 0g			Sugars 10g	
Cholesterol 5mg		2%	Protein 2g	
Sodium 10mg		0%		
Vitamin A 0%		• Vitamin C 0%	Calcium 4%	• Iron 6%

Ingredients: Pecans, Milk Chocolate (Sugar, Unsweetened Chocolate, Milk, and Cocoa Butter), Soya Lecithin (Emulsifier) and Vanillin (Artificial Flavor).

Contains: Tree Nuts, Milk and Soy Ingredients

Golden Pecan Halves

Nutrition Facts	Amount Per Serving		% Daily Values*		Amount Per Serving	% Daily Values*		*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.
Serving Size Approx. 20 halves or 1/4 cup pieces (1g) Calories 196 Calories from Fat 184	Total Fat	20g	31%		Potassium	116mg	3%	
	Saturated Fat	2g	10%		Sodium	0mg	0%	
	Trans Fat	0g			Total Carbohydrate	4g	1%	
	Polyunsaturated Fat	6g			Dietary Fiber	3g	12%	
	Monounsaturated Fat	12g			Sugars	1g		
	Cholesterol	0mg	0%		Protein	3g	6%	
	Calcium	2%			Iron	4%		

Roasted & Salted Pecans

Nutrition Facts	Amount / Serving		% Daily Value*		Amount / Serving		% Daily Value*	
	Serving Size approx. 1/4 cup (30g) Servings Per Container approx. 15 Calories 200 Calories from Fat 190 *Percent Daily Values are based on a 2,000 calorie diet.	Total Fat	21g	32%		Total Carbohydrate	4g	1%
Saturated Fat		2g	10%		Dietary Fiber	3g	12%	
Trans Fat		0g			Sugars	1g		
Cholesterol		0mg	0%		Protein	3g		
Sodium		290mg	12%		Calcium	2%		
Vitamin A		0%			Vitamin C	0%		
Iron		4%			Iron	4%		

Ingredients: Pecans, Salt, Clear Liquid Frying Shortening (Soybean Oil, Tbhq & Citric Acid-To Protect Flavor, Dimethylpolysiloxane-An Anti-Foaming Agent).

Contains: Tree Nuts and Soy ingredients.

Cinnamon & Sugar Pecans

Nutrition Facts	Amount / Serving		% Daily Value*		Amount / Serving		% Daily Value*	
	Serving Size approx. 1/4 cup (30g) Servings Per Container approx. 15 Calories 170 Calories from Fat 140 *Percent Daily Values are based on a 2,000 calorie diet.	Total Fat	15g	23%		Total Carbohydrate	10g	3%
Saturated Fat		1.5g	8%		Dietary Fiber	2g	8%	
Trans Fat		0g			Sugars	8g		
Cholesterol		0mg	0%		Protein	2g		
Sodium		0mg	0%		Calcium	2%		
Vitamin A		0%			Vitamin C	0%		
Iron		4%			Iron	4%		

Ingredients: Pecans, Sugar, Water, Ground Cinnamon.

Contains: Tree Nuts.

Pecan Brittle

Nutrition Facts		Amount / Serving	% Daily Value	Amount / Serving	% Daily Value
Serving Size 30g		Total Fat 7g	11%	Total Carbohydrate 19g	6%
Servings Per Container 15		Saturated Fat 2g	10%	Dietary Fiber 1g	2%
Calories 140		Trans Fat 0g		Sugars 17g	
Calories from Fat 41		Cholesterol 1mg	0%	Protein 1g	1%
*Percent Daily Values are based on a 2,000 calorie diet. **Contains less than 2% of the U.S. RDA of these nutrients.		Sodium 248mg	10%	Calcium ***% • Iron ***%	
		Vitamin A ***% • Vitamin C ***%			

Ingredients: Pecans, Corn Syrup, Sugar, Coconut Oil, Butter (Cream & Salt), Sodium Bicarbonate, Salt & Soy Lecithin (Emulsifier).

Contains: Tree Nuts, Milk and Soy Ingredients

Dark Chocolate Covered Pecans

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Serving Size approx. 1/4 cup (30g)		Total Fat 14g	22%	Total Carbohydrate 13g	4%
Servings Per Container approx. 15		Saturated Fat 4.5g	23%	Dietary Fiber 2g	8%
Calories 170		Trans Fat 0g		Sugars 10g	
Calories from Fat 120		Cholesterol 0mg	0%	Protein 2g	
*Percent Daily Values are based on a 2,000 calorie diet.		Sodium 0mg	0%	Calcium 2% • Iron 10%	
		Vitamin A 0% • Vitamin C 0%			

Ingredients: Pecans, Dark Chocolate (Semisweet Chocolate-Sugar, Chocolate Liquor Processed With Alkali, Cocoa Butter, Milk Fat), Soy Lecithin (Emulsifier), Vanillin (Artificial Flavor), and Natural Flavors.

Contains: Tree Nuts, Milk And Soy Ingredients.

Dark Chocolate Covered Pecan Brittle

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Serving Size 30 grams		Total Fat 8g	12%	Total Carbohydrate 18g	6%
Servings Per Container approx. 15		Saturated Fat 4g	20%	Dietary Fiber 1g	4%
Calories 150		Trans Fat 0g		Sugars 16g	
Calories from Fat 80		Cholesterol 0mg	0%	Protein 1g	
*Percent Daily Values are based on a 2,000 calorie diet.		Sodium 125mg	5%	Calcium 0% • Iron 6%	
		Vitamin A 0% • Vitamin C 0%			

Ingredients: Pecans, Pecan Brittle (Corn Syrup, Sugar, Pecans, Coconut Oil, Butter (Cream & Salt), Sodium Bicarbonate, Salt & Soy Lecithin (Emulsifier), Dark Chocolate (Semisweet Chocolate-Sugar, Chocolate Liquor Processed With Alkali, Cocoa Butter, Milk Fat, Soy Lecithin (Emulsifier), Vanillin-An Artificial Flavor, Natural Flavors),

Contains: Tree Nuts, Milk And Soy Ingredients.

Jalapeno Pecans

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Serving Size approx. 1/4 cup (30g) Servings Per Container approx. 15	Calories 200 Calories from Fat 180	Total Fat 20g	31%	Total Carbohydrate 4g	1%
		Saturated Fat 2g	10%	Dietary Fiber 3g	12%
		Trans Fat 0g		Sugars 1g	
		Cholesterol 0mg	0%	Protein 3g	
		Sodium 140mg	6%		
		Vitamin A 0%	• Vitamin C 4%	Calcium 2%	• Iron 4%

Ingredients: Pecans, Clear Liquid Frying Shortening (Soybean Oil, Tbhq & Citric Acid-To Protect Flavor, Dimethylpolysiloxane-An Anti-Foaming Agent), Salt, Dehydrated Jalapeno.

Contains: Tree Nuts and Soy Ingredients.

White Chocolate Covered Pecans

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Serving Size approx. 1/4 cup (30g) Servings Per Container approx. 15	Calories 180 Calories from Fat 120	Total Fat 13g	20%	Total Carbohydrate 13g	4%
		Saturated Fat 6g	30%	Dietary Fiber 1g	4%
		Trans Fat 0g		Sugars 12g	
		Cholesterol 5mg	2%	Protein 2g	
		Sodium 10mg	0%		
		Vitamin A 0%	• Vitamin C 0%	Calcium 6%	• Iron 2%

Ingredients: Pecans, White Chocolate (Sugar, Palm Kernel Oil, Palm Oil and Cocoa Butter, Nonfat Milk, Cream, Whey, Sunflower Lecithin (Emulsifier) and Vanilla).

Contains: Tree Nuts And Milk.

Honey Glazed Pecans

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Serving Size approx. 1/4 cup (30g) Servings Per Container approx. 15	Calories 160 Calories from Fat 110	Total Fat 12g	18%	Total Carbohydrate 13g	4%
		Saturated Fat 1g	5%	Dietary Fiber 2g	8%
		Trans Fat 0g		Sugars 12g	
		Cholesterol 0mg	0%	Protein 2g	
		Sodium 0mg	0%		
		Vitamin A 0%	• Vitamin C 0%	Calcium 2%	• Iron 2%

Ingredients: Pecans, Sugar, Water, Vanilla Extract (Water, Propylene Glycol, Alcohol, Sugar, Vanillin, Natural and Artificial Flavors and Caramel Color), Honey Powder (Honey, Wheat Starch and Calcium Stearate).

Contains: Tree Nuts and Wheat.

Texas Mesquite Barbecue Pecans

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Serving Size 1/4 cup (30g) Servings Per Container approx. 15 Calories 200 Calories from Fat 190 <small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	Total Fat	21g	32%	Total Carbohydrate	4g
	Saturated Fat	2g	10%	Dietary Fiber	3g
	Trans Fat	0g		Sugars	1g
	Cholesterol	0mg	0%	Protein	3g
	Sodium	85mg	4%		
	Vitamin A	2%		Calcium	2%
				Vitamin C	0%
				Iron	4%

Ingredients: Pecans, Rub (Blended Of Salt, Paprika, Dehydrated Onion, Chili Pepper, Corn Starch, Spices, Dehydrated Garlic, Annatto Powder With No More Than 2% Sodium Aluminosilicate - Added As An Anti-Caking Agent), Liquid Smoke (Water, Natural Mesquite Smoke Flavor, Vinegar, Molasses, Caramel Color and Natural Flavoring).

Contains: Tree Nuts.

Pecan Pieces

Nutrition Facts		Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Serving Size Approx. 20 halves or 1/4 cup pieces (1g) Calories 196 Calories from Fat 184 <small>*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>	Total Fat	20g	31%	Potassium	116mg
	Saturated Fat	2g	10%	Sodium	0mg
	Trans Fat	0g		Total Carbohydrate	4g
	Polyunsaturated Fat	6g		Dietary Fiber	3g
	Monounsaturated Fat	12g		Sugars	1g
	Cholesterol	0mg	0%	Protein	3g
	Calcium	2%		Iron	4%

No Sugar Added Milk Chocolate Covered Pecans

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Serving Size 5 pieces (40g) Servings Per Container about 11 Calories 220 Calories from Fat 170 <small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	Total Fat	19g	29%	Total Carbohydrate	16g
	Saturated Fat	7g	35%	Dietary Fiber	2g
	Trans Fat	0g		Sugars	0g
	Cholesterol	5mg	2%	Sugar Alcohol	13g
	Sodium	25mg	1%	Protein	4g
	Vitamin A	0%		Calcium	0%
				Vitamin C	0%
				Iron	4%

Ingredients: Pecans, No Sugar Added Milk Coating (Maltitol, Unsweetened Chocolate, Cocoa Butter, Milk And Whey Proteins, Inulin, Polydextrose, Milk Fat (Butter), Soya Lecithin, Pure Vanilla And Other Natural Flavor, Vanillin (An Artificial Flavor), Sucralose).

Contains: Tree Nuts and Milk.

No Sugar Added Dark Chocolate Covered Pecans

Nutrition Facts	Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
	Serving Size 5 pieces (40g) Servings Per Container about 11 Calories 220 Calories from Fat 170	Total Fat 19g	29%	Total Carbohydrate 16g
	Saturated Fat 7g	35%	Dietary Fiber 3g	12%
	Trans Fat 0g		Sugars 1g	
	Cholesterol 0mg	0%	Sugar Alcohol 11g	
	Sodium 0mg	0%	Protein 3g	
	Vitamin A 0% • Vitamin C 0%		Calcium 0% • Iron 10%	

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Pecans, No Sugar Added Dark Coating (Maltitol, Chocolate Liquor Processed with Alkali, Cocoa Butter, Milk Fat, Soy Lecithin (Emulsifier), and Vanilla-an Artificial Flavor).

Contains: Pecans, Milk.

No Sugar Added White Chocolate Covered Pecans

Nutrition Facts	Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
	Serving Size 5 pieces (40g) Servings Per Container about 11 Calories 220 Calories from Fat 170	Total Fat 19g	29%	Total Carbohydrate 18g
	Saturated Fat 8g	40%	Dietary Fiber 1g	4%
	Trans Fat 0g		Sugars 1g	
	Cholesterol 0mg	0%	Sugar Alcohol 16g	
	Sodium 15mg	1%	Protein 2g	
	Vitamin A 0% • Vitamin C 0%		Calcium 0% • Iron 0%	

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Pecans, No Sugar Added White Coating (Maltitol, Fractionated Palm Kernel Oil and Hydrogenated Palm Oil, Sodium Caseinate (Milk), Milk Fat, Lactic acid esters of mono- and diglycerides with citric acid to help protect flavor, Soy Lecithin (an emulsifier), Vanillin (an artificial flavor), Natural Flavor and Sucralose).

Contains: Tree Nuts, Milk and Soy ingredients.

No Sugar Added Cinnamon Glazed Pecans

Nutrition Facts	Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
	Serving Size about 12 pieces (30g) Servings Per Container about 15 Calories 180 Calories from Fat 160	Total Fat 17g	26%	Total Carbohydrate 5g
	Saturated Fat 1.5g	8%	Dietary Fiber 2g	8%
	Trans Fat 0g		Sugars 1g	
	Cholesterol 0mg	0%	Protein 3g	
	Sodium 70mg	3%		
	Vitamin A 0% • Vitamin C 0%		Calcium 2% • Iron 4%	

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Pecans, Egg Whites, Splenda, Water, Salt, Cinnamon, Vanilla Extract.

Contains: Pecans, Eggs.