

Pecan Oil is Healthy!!

- Pecan Oil - GREAT FOR COOKING!!
- It is all natural with no additives or preservatives
- Pecan oil has a light and subtle taste that enhances the natural flavor of food
- Pecan oil concentrates the health benefits of pecans
 - Each 250 ml bottle of pecan oil contains almost 4 lbs. of inshell pecans
 - Pecan oil has 30% less saturated fat than olive oil
 - 470° F smoke point – highest of all oils
- Contains heart healthy oleic acid (Oleic acid is most commonly used for preventing heart disease and reducing cholesterol)
- Pecan oil is richer in antioxidants than any other nut-based cooking oil
- Antioxidant and activity against diabetes
 - 80 to 170 ug Gamma Tocopherol per gm pecan
- Competes with cholesterol absorption
 - 800 to 1,000 ug Beta Sitosterol per gm pecan
- Lubricates, protects and helps skin repair UV damage
 - 70 to > 200 ug Squalene per gm pecan (Squalene is one of the many natural lipids your body produces)

Oil	SATURATED FAT %	UNSATURATED FATS		Smoke Point F°
		Mono %	Poly %	
Pecan Oil	9.50	52.00	38.50	470°
Olive Oil Virgin	14.35	78.40	7.25	320°
Refined				410°
Butter	66.00	30.00	4.00	325°
Corn Oil	25.20	26.80	48.00	460°
Peanut Oil	19.20	60.00	20.80	440°
Soybean Oil	13.50	28.50	58.00	460°
Canola Oil (chm extracted)	9.60	59.70	30.70	400°
Grape Seed Oil (chm extracted)	9.00	15.00	76.00	420°
Coconut Oil	90.50	8.80	0.70	350°



References:

- Dr. Neils Maness, Oklahoma State University, Horticulture & Landscape Architecture, Stillwater, Oklahoma, pg. 2 of study findings "Pecan Oil Nutritional Components", presented to the Oklahoma Pecan Growers Conference, Ardmore, OK, 06/10/22
- Pecan industry and health literature – various sources