



## **Nuttin' but Pecans: A Collection Of Pecan Recipes**

Rosie King

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Nuttin' but Pecans is more than 70 pecan recipes gathered from several areas of the United States as well as overseas. Author Rosie King shows that pecans can be used in unique combinations with other foods and not just in the customary pecan pie.Low carbohydrate enthusiasts will find that the pecan recipes can be incorporated into their daily plans, as they learn that the fat content in the pecan is nearly 70 percent. Although high in fat, the content is primarily unsaturated. It is also an excellent source of monounsaturated fatty acids, similar to olive oil, which has been shown to decrease coronary artery disease. Nuttin' but Pecans is a collection of treasured recipes that will most certainly find a place as a favorite reference in the kitchen.



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