**Geography/History**

**Seckel Pears** believed to be a truly American pear and named in honor of a Pennsylvania farmer who discovered it around 1820, the Seckel is thought to be a hybrid of Asian and European pears. Quite different from any European variety, this variety is the smallest of all commercially grown pears and sometimes called a sugar pear.

See the table below for in depth analysis of nutrients:

<table>
<thead>
<tr>
<th>Principle</th>
<th>Nutrient Value</th>
<th>Percentage of RDA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>58 Kcal</td>
<td>3%</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>13.81 g</td>
<td>11%</td>
</tr>
<tr>
<td>Protein</td>
<td>0.38 g</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.12 g</td>
<td>0.5%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3.10 g</td>
<td>7%</td>
</tr>
</tbody>
</table>

**Vitamins**

- Folates: 7 mcg (2%)
- Niacin: 0.157 mg (1%)
- Pantothenic acid: 0.048 mg (1%)
- Pyridoxine: 0.028 mg (2%)
- Riboflavin: 0.025 mg (2%)
- Thiamin: 0.012 mg (1%)
- Vitamin A: 23 IU (1%)
- Vitamin C: 4.2 mg (7%)
- Vitamin E: 0.12 mg (1%)
- Vitamin K: 4.5 mcg (4%)

**Electrolytes**

- Sodium: 1 mg (0%)
- Potassium: 119 mg (2.5%)

**Minerals**

- Calcium: 9 mg (1%)
- Copper: 0.082 mg (9%)
- Iron: 0.17 mg (2%)
- Magnesium: 7 mg (2%)
- Manganese: (2%)
- Phosphorus: 11 mg (2%)
- Zinc: 0.10 mg (1%)

**Phyto-nutrients**

- Carotene-β: 12 mcg (--)
- Crypto-xanthin-β: 2 mcg (--)
- Lutein-zeaxanthin: 45 mcg (--)

**Description/Taste**

**Seckel Pears** are Brownish yellow and russet, most often having a dark reddish blush, the small almost bite-size Seckel pear, pronounced SEHK-uhl, sometimes has a dull green cast. A very sweet pear with a rather grainy texture, this hybrid offers a subtly spicy flavor.