



Asian-Spiced Pecans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 Dash ground pepper red
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 4 cups pecan halves
- ☐ 1 Dash pepper black
- ☐ 0.1 teaspoon salt
- ☐ 2 teaspoons thai seasoning (such as Spice Islands)
- ☐ 1 teaspoon stick margarine melted
- ☐ 1 tablespoon tomato paste

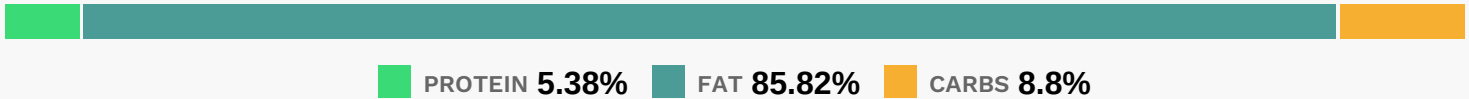
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 35
- ☐ Combine the first 6 ingredients in a large bowl, and stir well with a whisk.
- ☐ Add pecan halves; toss well.
- ☐ Spread mixture evenly onto a jelly-roll pan coated with cooking spray.
- ☐ Bake at 350 for 12 minutes, stirring once.
- ☐ Remove from oven, and sprinkle with salt. Cool completely.
- ☐ Note: Store in an airtight container in a cool, dark place for up to one month, in the refrigerator for up to 3 months, or in the freezer for up to 8 months.

Nutrition Facts



Properties

Glycemic Index:3.88, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:3.3252173765846%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

Nutrients (% of daily need)

Calories: 88.43kcal (4.42%), Fat: 9.05g (13.93%), Saturated Fat: 0.8g (4.98%), Carbohydrates: 2.09g (0.7%), Net Carbohydrates: 0.74g (0.27%), Sugar: 0.57g (0.63%), Cholesterol: 0mg (0%), Sodium: 50.56mg (2.2%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 1.28g (2.55%), Manganese: 0.58mg (28.92%), Copper: 0.15mg (7.64%), Vitamin B1: 0.08mg (5.53%), Fiber: 1.35g (5.39%), Magnesium: 16.72mg (4.18%), Zinc: 0.58mg (3.87%), Phosphorus: 36.86mg (3.69%), Iron: 0.46mg (2.53%), Vitamin K: 2.41µg (2.3%), Potassium: 63.38mg (1.81%), Vitamin E: 0.26mg (1.74%), Vitamin B6: 0.03mg (1.6%), Calcium: 14.13mg (1.41%), Vitamin B2: 0.02mg (1.23%), Vitamin B5: 0.11mg (1.14%)