

Autumn Spiced Nuts

 Vegetarian  Gluten Free  Low Fod Map

READY IN



15 min.

SERVINGS



2

CALORIES



212 kcal

SIDE DISH

Ingredients

- 1 Tbsp brown sugar
- 1 tsp butter
- 0.5 cup planters pecan halves
- 0.1 tsp pumpkin pie spice

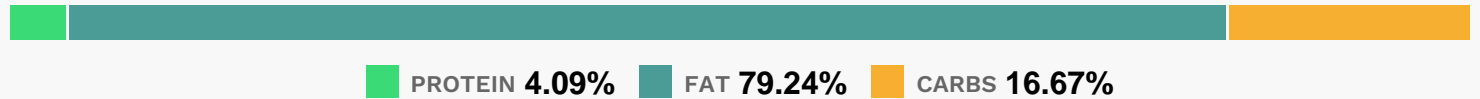
Equipment

- frying pan
- wax paper

Directions

- Toss pecans with sugar and spice; set aside.
- Melt butter in medium skillet on medium heat.
- Add pecans; cook and stir 5 to 7 min. or until lightly toasted.
- Spread onto sheet of wax paper; cool completely. Store in tightly covered container at room temperature.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:6.1191304795768%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg

Nutrients (% of daily need)

Calories: 212.11kcal (10.61%), Fat: 19.86g (30.56%), Saturated Fat: 2.82g (17.63%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 7.01g (2.55%), Sugar: 6.81g (7.57%), Cholesterol: 5.38mg (1.79%), Sodium: 17.81mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.61%), Manganese: 1.13mg (56.72%), Copper: 0.3mg (15.02%), Vitamin B1: 0.16mg (10.91%), Fiber: 2.39g (9.57%), Magnesium: 30.68mg (7.67%), Zinc: 1.13mg (7.52%), Phosphorus: 69.52mg (6.95%), Iron: 0.69mg (3.83%), Potassium: 110.76mg (3.16%), Vitamin B6: 0.05mg (2.75%), Vitamin E: 0.41mg (2.71%), Calcium: 23.63mg (2.36%), Vitamin B5: 0.22mg (2.24%), Vitamin B2: 0.03mg (1.95%), Vitamin A: 76.61IU (1.53%), Selenium: 1.05µg (1.5%), Vitamin B3: 0.3mg (1.5%), Folate: 5.61µg (1.4%), Vitamin K: 1.07µg (1.02%)