



Baked Pumpkin Seeds



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



213 kcal

SIDE DISH

Ingredients



1 ounce ranch dressing mix



2 cups pumpkin seeds raw to taste



0.3 cup vegetable oil

Equipment



bowl



baking sheet

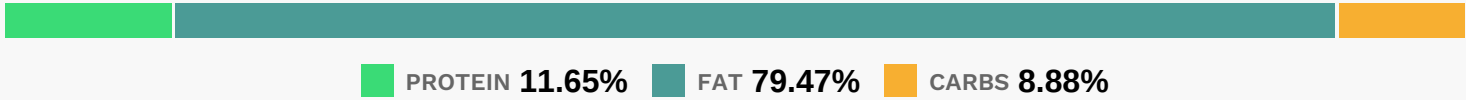


oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Mix pumpkin seeds, oil, and ranch dressing mix together in a bowl until seeds are evenly coated; spread onto a baking sheet.
- ☐ Bake in the preheated oven until seeds are lightly browned, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:1.67, Glycemic Load:0.1, Inflammation Score:-5, Nutrition Score:8.6721737828592%

Nutrients (% of daily need)

Calories: 212.69kcal (10.63%), Fat: 19.55g (30.07%), Saturated Fat: 3.23g (20.2%), Carbohydrates: 4.91g (1.64%), Net Carbohydrates: 3.63g (1.32%), Sugar: 0.3g (0.33%), Cholesterol: 0mg (0%), Sodium: 355.86mg (15.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.9%), Manganese: 0.97mg (48.46%), Magnesium: 126.29mg (31.57%), Phosphorus: 263.04mg (26.3%), Vitamin K: 18.26µg (17.39%), Copper: 0.29mg (14.33%), Zinc: 1.67mg (11.11%), Iron: 1.88mg (10.46%), Vitamin E: 1.21mg (8.05%), Vitamin B3: 1.06mg (5.32%), Fiber: 1.28g (5.12%), Potassium: 172.59mg (4.93%), Vitamin B1: 0.06mg (3.88%), Folate: 12.37µg (3.09%), Selenium: 2.01µg (2.86%), Vitamin B2: 0.03mg (1.92%), Vitamin B5: 0.16mg (1.6%), Vitamin B6: 0.03mg (1.53%)