



Barbara's Peppery Pecans



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon butter melted
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 teaspoon kosher salt
- ☐ 1 pound pecans
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon worcestershire sauce

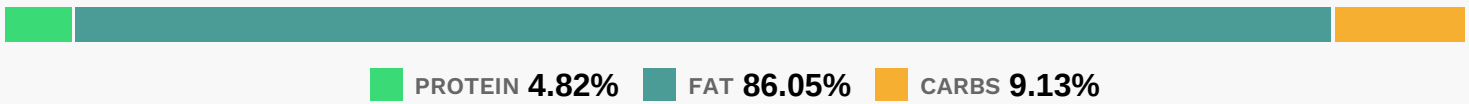
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 32
- ☐ Combine all ingredients except cooking spray in a large bowl, tossing well to coat.
- ☐ Spread mixture evenly on a jelly-roll pan coated with cooking spray. Coat nuts with cooking spray.
- ☐ Bake at 325 for 15 minutes, stirring every 5 minutes.
- ☐ Remove from oven; cool completely. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:10.44, Glycemic Load:0.65, Inflammation Score:-2, Nutrition Score:6.8578260752332%

Flavonoids

Cyanidin: 3.04mg, Cyanidin: 3.04mg, Cyanidin: 3.04mg, Cyanidin: 3.04mg Delphinidin: 2.06mg, Delphinidin: 2.06mg, Delphinidin: 2.06mg, Delphinidin: 2.06mg Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg

Nutrients (% of daily need)

Calories: 202.02kcal (10.1%), Fat: 20.67g (31.81%), Saturated Fat: 1.91g (11.96%), Carbohydrates: 4.93g (1.64%), Net Carbohydrates: 2.19g (0.8%), Sugar: 1.98g (2.2%), Cholesterol: 0.67mg (0.22%), Sodium: 161.18mg (7.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.21%), Manganese: 1.28mg (64.11%), Copper: 0.34mg (17.14%), Vitamin B1: 0.19mg (12.53%), Fiber: 2.75g (10.99%), Magnesium: 34.52mg (8.63%), Zinc: 1.29mg (8.59%), Phosphorus: 79.35mg (7.94%), Iron: 0.78mg (4.33%), Potassium: 125.62mg (3.59%), Vitamin B6: 0.06mg (3.02%), Vitamin E: 0.41mg (2.77%), Vitamin B5: 0.25mg (2.45%), Vitamin B2: 0.04mg (2.28%), Calcium: 21.51mg (2.15%), Vitamin B3: 0.34mg (1.71%), Folate: 6.37µg (1.59%), Selenium: 1.09µg (1.56%), Vitamin K: 1.06µg (1.01%)