



Bite-You-Back-Pecans



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



597 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 tablespoon chili powder
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 teaspoon onion powder
- ☐ 1 teaspoon oregano dried

- ☐ 16 oz pecan halves
- ☐ 1 teaspoon salt

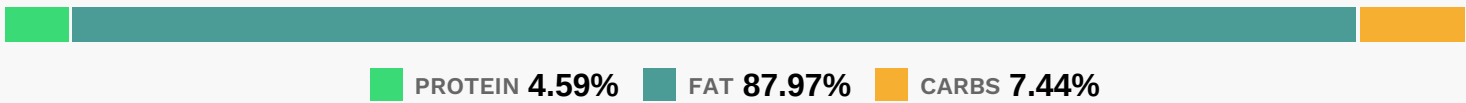
Equipment

- ☐ baking sheet
- ☐ slow cooker

Directions

- ☐ Combine all ingredients in a 2-quart slow cooker. Cover and cook on high setting 15 minutes. Turn to low setting and cook, uncovered, 2 hours, stirring occasionally.
- ☐ Transfer nuts to a baking sheet; cool completely. Store in an airtight container. Makes 4 1/2 cups.
- ☐ Variation: For a smoky flavor, substitute one tablespoon Spanish smoked paprika for the chili powder in this recipe.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.34, Inflammation Score:-8, Nutrition Score:17.106956410667%

Flavonoids

Cyanidin: 8.12mg, Cyanidin: 8.12mg, Cyanidin: 8.12mg, Cyanidin: 8.12mg Delphinidin: 5.5mg, Delphinidin: 5.5mg, Delphinidin: 5.5mg, Delphinidin: 5.5mg Catechin: 5.47mg, Catechin: 5.47mg, Catechin: 5.47mg, Catechin: 5.47mg Epigallocatechin: 4.26mg, Epigallocatechin: 4.26mg, Epigallocatechin: 4.26mg, Epigallocatechin: 4.26mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Epigallocatechin 3-gallate: 1.74mg, Epigallocatechin 3-gallate: 1.74mg, Epigallocatechin 3-gallate: 1.74mg, Epigallocatechin 3-gallate: 1.74mg

Nutrients (% of daily need)

Calories: 596.94kcal (29.85%), Fat: 62.34g (95.91%), Saturated Fat: 9.58g (59.89%), Carbohydrates: 11.86g (3.95%), Net Carbohydrates: 3.82g (1.39%), Sugar: 3.14g (3.49%), Cholesterol: 20.34mg (6.78%), Sodium: 470.79mg (20.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.32g (14.65%), Manganese: 3.48mg (173.84%), Copper: 0.93mg (46.49%), Vitamin B1: 0.51mg (33.73%), Fiber: 8.05g (32.19%), Magnesium: 96.52mg (24.13%), Zinc: 3.54mg (23.57%), Phosphorus: 218.26mg (21.83%), Iron: 2.65mg (14.71%), Vitamin A: 721.95IU (14.44%), Vitamin E: 1.9mg (12.69%), Vitamin K: 12.58µg (11.98%), Potassium: 353.06mg (10.09%), Vitamin B6: 0.2mg (9.94%), Calcium:

72.9mg (7.29%), Vitamin B2: 0.12mg (7.03%), Vitamin B5: 0.68mg (6.81%), Vitamin B3: 1.08mg (5.42%), Folate: 19.31µg (4.83%), Selenium: 3.33µg (4.76%), Vitamin C: 1.04mg (1.26%)