



Cajun Spiced Roasted Pumpkin Seeds

 **Gluten Free**  **Low Fod Map**

READY IN



60 min.

SERVINGS



4

CALORIES



116 kcal

SEASONING

MARINADE

Ingredients

- 1 tablespoon butter melted
- 0.8 teaspoon cajun spice to taste
- 1 cup pumpkin seeds raw whole washed and dried
- 4 servings salt to taste
- 2 dashes worcestershire sauce

Equipment

- bowl
- baking sheet

oven

Directions

- Preheat oven to 300 degrees F (150 degrees C).
- Toss pumpkin seeds with paprika, Cajun seasoning, and salt until coated.
- Mix Worcestershire sauce with melted butter in a small bowl, pour over seeds, and stir to combine.
- Spread seeds onto a baking sheet in a single layer.
- Roast seeds in the preheated oven until browned and crunchy, 45 minutes to 1 hour; stir and turn seeds several times during roasting.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:0.09, Inflammation Score:-5, Nutrition Score:6.3317389452587%

Nutrients (% of daily need)

Calories: 115.98kcal (5.8%), Fat: 10.73g (16.52%), Saturated Fat: 3.19g (19.95%), Carbohydrates: 2.01g (0.67%), Net Carbohydrates: 0.92g (0.34%), Sugar: 0.31g (0.35%), Cholesterol: 7.53mg (2.51%), Sodium: 224.17mg (9.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.84%), Manganese: 0.73mg (36.67%), Magnesium: 95.53mg (23.88%), Phosphorus: 199.6mg (19.96%), Copper: 0.22mg (10.94%), Zinc: 1.27mg (8.47%), Iron: 1.52mg (8.44%), Vitamin A: 275.12IU (5.5%), Fiber: 1.09g (4.36%), Vitamin B3: 0.84mg (4.2%), Potassium: 142.87mg (4.08%), Vitamin E: 0.54mg (3.6%), Vitamin B1: 0.05mg (3.03%), Folate: 9.61µg (2.4%), Selenium: 1.57µg (2.24%), Vitamin B2: 0.03mg (1.82%), Vitamin K: 1.72µg (1.64%), Vitamin B6: 0.03mg (1.55%), Vitamin B5: 0.13mg (1.33%)