



Candied Curried Pecans

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon cayenne pepper
- 1.3 teaspoons coarse kosher salt divided
- 0.8 teaspoon curry powder
- 1.5 teaspoons garlic powder
- 2 tablespoons honey
- 1.5 teaspoons onion powder
- 3 cups pecan halves
- 2 tablespoons butter unsalted

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- aluminum foil

Directions

- Preheat oven to 250 degrees F (120 degrees C). Line a large-rimmed baking sheet with aluminum foil.
- Mix onion powder, garlic powder, 1 teaspoon salt, curry powder, and cayenne pepper together in a small bowl.
- Heat honey, butter, and remaining 1/4 teaspoon salt together in a saucepan over medium heat; stir pecans into the honey mixture.
- Remove saucepan from heat and add spice mixture. Toss to evenly coat pecans.
- Spread coated pecans in an even layer on the prepared baking sheet.
- Bake in the preheated oven until pecans are dry and toasted, about 40 minutes.
- Remove from oven and cool completely. Separate pecans.

Nutrition Facts



PROTEIN 4.48% **FAT 82.69%** **CARBS 12.83%**

Properties

Glycemic Index:8.69, Glycemic Load:1.63, Inflammation Score:-2, Nutrition Score:6.2465217330534%

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: 201.02kcal (10.05%), Fat: 19.74g (30.37%), Saturated Fat: 2.73g (17.09%), Carbohydrates: 6.89g (2.3%), Net Carbohydrates: 4.38g (1.59%), Sugar: 3.89g (4.32%), Cholesterol: 5.02mg (1.67%), Sodium: 243.12mg (10.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Manganese: 1.13mg (56.52%), Copper: 0.3mg (15.17%), Vitamin B1: 0.17mg (11.11%), Fiber: 2.51g (10.03%), Magnesium: 31.02mg (7.76%), Zinc: 1.16mg (7.73%), Phosphorus: 72.17mg (7.22%), Iron: 0.71mg (3.97%), Potassium: 113.61mg (3.25%), Vitamin B6: 0.06mg (3.17%), Vitamin E: 0.44mg (2.96%), Vitamin B5: 0.22mg (2.23%), Vitamin B2: 0.04mg (2.1%), Calcium: 20.16mg (2.02%), Vitamin A: 90.74IU (1.81%), Selenium: 1.14µg (1.63%), Folate: 6.16µg (1.54%), Vitamin B3: 0.31mg (1.53%), Vitamin K: 1.2µg (1.14%)