



Candied Pumpkin Seeds



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 cup natural raw shelled



0.5 teaspoon salt



3 tablespoons sugar

Equipment



baking sheet

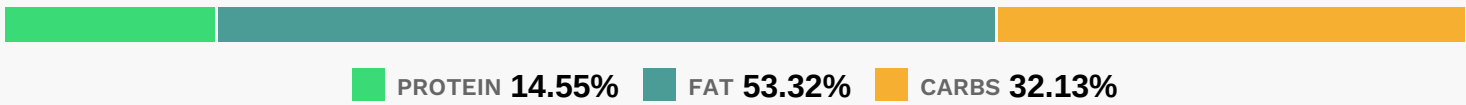


sauce pan

Directions

- ☐ Spray large baking sheet with cooking spray.
- ☐ Heat seeds in a medium saucepan over medium heat, stirring frequently, 5 minutes or until the seeds begin to pop.
- ☐ Add sugar, and stir constantly about 1 minute or until sugar begins to liquefy and caramelize; add salt.
- ☐ Spread seeds on prepared baking sheet, and cool.

Nutrition Facts



Properties

Glycemic Index:80.09, Glycemic Load:25.43, Inflammation Score:-8, Nutrition Score:21.376956802995%

Nutrients (% of daily need)

Calories: 496.36kcal (24.82%), Fat: 31.51g (48.47%), Saturated Fat: 5.54g (34.64%), Carbohydrates: 42.71g (14.24%), Net Carbohydrates: 38.87g (14.13%), Sugar: 36.82g (40.92%), Cholesterol: 0mg (0%), Sodium: 1167.58mg (50.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.35g (38.69%), Manganese: 2.91mg (145.6%), Magnesium: 378.91mg (94.73%), Phosphorus: 789.12mg (78.91%), Copper: 0.86mg (43.15%), Zinc: 5.01mg (33.37%), Iron: 5.67mg (31.52%), Vitamin B3: 3.19mg (15.96%), Fiber: 3.84g (15.36%), Potassium: 518.72mg (14.82%), Vitamin B1: 0.17mg (11.65%), Vitamin E: 1.4mg (9.3%), Folate: 37.12µg (9.28%), Selenium: 6.24µg (8.91%), Vitamin B2: 0.1mg (6.16%), Vitamin B5: 0.48mg (4.8%), Vitamin B6: 0.09mg (4.58%), Vitamin K: 4.67µg (4.45%), Calcium: 30.52mg (3.05%), Vitamin C: 1.22mg (1.47%)