

DINNER

Caramelized Pumpkin Seeds

14 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
37 min	10 min	27 min	4	\$1.87	747 kcal



Caramelized Pumpkin Seeds takes roughly 37 minutes from beginning to end. This main course has 956 calories, 23g of protein, and 41g of fat per serving. This gluten free and lacto ovo vegetarian recipe serves 4 and costs \$1.87 per serving.

Ingredients

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| ☐ 1 cup almonds, crushed | ☐ 1 cup brown sugar |
| ☐ ½ cup butterscotch caramel sauce | ☐ ½ teaspoon cayenne pepper |
| ☐ 1 teaspoon cinnamon extract | ☐ 3 cups pumpkin seeds, roasted |

EQUIPMENT Frying pan, Baking sheet, Oven, Wooden spoon

Method

- 1 Lightly coat baking sheet with cooking spray and set aside.

- 2 In a large skillet, slowly melt the caramel sauce and sugar. When melted stir in cinnamon extract and cayenne. Continue cooking until mixture reaches a temperature of 310 degrees F. Stir in pumpkin seeds until completely coated.
- 3 Spread caramelized seeds onto the baking sheet and sprinkle with crushed almonds. Separate seeds with wooden spoon until cooled.
- 4 Melted sugar is very hot. Please use extreme caution when handling and pouring. Pumpkin seeds may be purchased already roasted. If using the seeds from a jack-o-lantern, rinse and clean seeds.
- 5 Place on a baking sheet, lightly coated with cooking spray, in a preheated 250 degree F oven. Roast seeds for about 1 hour stirring every 15 minutes. The actual seed of the pumpkin is inside the hull. The hull is edible.

Nutrition per serving

747

KCAL

23 g

PROTEIN

41 g

FAT

83 g

CARBS

Saturated Fat	5.5 g · 35% of daily needs
Fibre	7.7 g · 31% of daily needs
Sugar	71.7 g · 80% of daily needs
Sodium	116 mg · 5% of daily needs
Cholesterol	0 mg · 0% of daily needs
Vitamin C	1.3 mg · 2% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/caramelized-pumpkin-seeds-142507