



Caramelized Spicy Pumpkin Seeds

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN

ready

35 min.

SERVINGS

servings

8

CALORIES

calories

117 kcal

SIDE DISH

Ingredients

- ☐ 1 pinch cayenne pepper
- ☐ 0.3 teaspoon cumin
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 tablespoon olive oil
- ☐ 2 cups pumpkin seeds raw whole washed and dried
- ☐ 2 teaspoons salt to taste
- ☐ 2 tablespoons sugar white

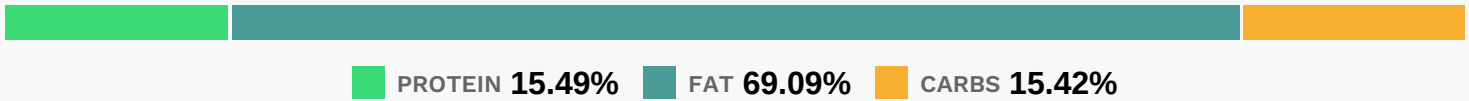
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C). Line a baking sheet with parchment paper.
- ☐ In a large bowl, stir together 3 tablespoons of sugar, the cumin, cinnamon, ginger, and cayenne pepper, and set aside.
- ☐ Place the pumpkin seeds on the prepared baking sheet, spray them with cooking spray, and sprinkle with salt to taste.
- ☐ Bake the seeds in the preheated oven until lightly golden, 20 to 25 minutes.
- ☐ Heat the oil in a large nonstick skillet over medium heat, and stir in the toasted pumpkin seeds along with 2 tablespoons of sugar. Cook and stir the seeds until the sugar forms a coating on the seeds, 2 to 3 minutes. Stir the caramelized seeds into the bowl of sugar-spice mixture, toss to coat, and let cool.

Nutrition Facts



Properties

Glycemic Index:15.26, Glycemic Load:2.17, Inflammation Score:-4, Nutrition Score:6.0930436383123%

Nutrients (% of daily need)

Calories: 117.1kcal (5.85%), Fat: 9.63g (14.81%), Saturated Fat: 1.63g (10.19%), Carbohydrates: 4.83g (1.61%), Net Carbohydrates: 3.82g (1.39%), Sugar: 3.22g (3.58%), Cholesterol: 0mg (0%), Sodium: 582.69mg (25.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.72%), Manganese: 0.76mg (38.13%), Magnesium: 95.15mg (23.79%), Phosphorus: 197.77mg (19.78%), Copper: 0.22mg (10.83%), Zinc: 1.26mg (8.39%), Iron: 1.49mg (8.26%), Vitamin E: 0.61mg (4.05%), Fiber: 1.01g (4.05%), Vitamin B3: 0.81mg (4.04%), Potassium: 132.1mg (3.77%), Vitamin B1: 0.04mg (2.94%), Folate: 9.31µg (2.33%), Selenium: 1.56µg (2.24%), Vitamin K: 2.25µg (2.15%), Vitamin B2:

0.03mg (1.5%), Vitamin B5: 0.12mg (1.21%), Vitamin B6: 0.02mg (1.2%)