



Chili-Lime Pecans

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



2198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon chili powder
- 0.5 teaspoon ground pepper red
- 2 tablespoons juice of lime
- 1 tablespoon olive oil
- 1 teaspoon paprika
- 3 cups pecans
- 1 teaspoon salt

Equipment

- frying pan
- oven
- aluminum foil

Directions

- Stir together lime juice, olive oil, paprika, salt, chili powder, and ground red pepper.
- Add pecans; toss.
- Spread in a lightly greased aluminum foil-lined jelly-roll pan.
- Bake at 350 for 12 to 14 minutes or until pecans are toasted and dry, stirring occasionally. Cool completely.

Nutrition Facts

PROTEIN 4.76% **FAT 87.35%** **CARBS 7.89%**

Properties

Glycemic Index:57, Glycemic Load:1.43, Inflammation Score:-10, Nutrition Score:45.900869452435%

Flavonoids

Cyanidin: 31.9mg, Cyanidin: 31.9mg, Cyanidin: 31.9mg, Cyanidin: 31.9mg Delphinidin: 21.62mg, Delphinidin: 21.62mg, Delphinidin: 21.62mg, Delphinidin: 21.62mg Catechin: 21.5mg, Catechin: 21.5mg, Catechin: 21.5mg, Catechin: 21.5mg Epigallocatechin: 16.72mg, Epigallocatechin: 16.72mg, Epigallocatechin: 16.72mg, Epigallocatechin: 16.72mg Epicatechin: 2.44mg, Epicatechin: 2.44mg, Epicatechin: 2.44mg, Epicatechin: 2.44mg Epigallocatechin 3-gallate: 6.83mg, Epigallocatechin 3-gallate: 6.83mg, Epigallocatechin 3-gallate: 6.83mg, Epigallocatechin 3-gallate: 6.83mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 2197.99kcal (109.9%), Fat: 228.58g (351.66%), Saturated Fat: 20.41g (127.59%), Carbohydrates: 46.45g (15.48%), Net Carbohydrates: 16.15g (5.87%), Sugar: 12.75g (14.17%), Cholesterol: 0mg (0%), Sodium: 2360.82mg (102.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.03g (56.07%), Manganese: 13.46mg (673.11%), Copper: 3.61mg (180.59%), Vitamin B1: 1.98mg (132.17%), Fiber: 30.3g (121.19%), Magnesium: 369.89mg (92.47%), Zinc: 13.68mg (91.21%), Phosphorus: 842.1mg (84.21%), Vitamin E: 7.88mg (52.55%), Iron: 8.49mg (47.15%), Vitamin A: 2175.5IU (43.51%), Potassium: 1358.16mg (38.8%), Vitamin B6: 0.74mg (37.22%), Vitamin B5: 2.67mg (26.68%),

Vitamin B2: 0.44mg (26.07%), Calcium: 226.34mg (22.63%), Vitamin K: 23.53µg (22.41%), Vitamin B3: 4.04mg (20.19%), Folate: 70.94µg (17.73%), Selenium: 11.94µg (17.06%), Vitamin C: 13.06mg (15.83%)