



Cinnamon Toast Pecans



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



873 kcal

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 2 tablespoons plus light
- ☐ 0.5 teaspoons ground cinnamon
- ☐ 1 pound pecan halves
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons sugar

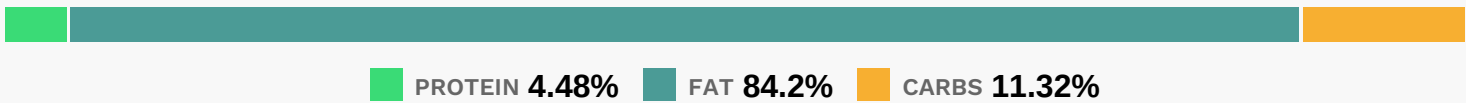
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 250 degrees F.
- ☐ Stir together first 5 ingredients.
- ☐ Add pecans, tossing to coat.
- ☐ Spread coated nuts in a single layer on a large jellyroll pan.
- ☐ Bake for 1 hour stirring every 15 minutes.
- ☐ Let cool; store in an airtight container up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:38.52, Glycemic Load:3.49, Inflammation Score:-7, Nutrition Score:20.593478252706%

Flavonoids

Cyanidin: 12.18mg, Cyanidin: 12.18mg, Cyanidin: 12.18mg, Cyanidin: 12.18mg Delphinidin: 8.26mg, Delphinidin: 8.26mg, Delphinidin: 8.26mg, Delphinidin: 8.26mg Catechin: 8.21mg, Catechin: 8.21mg, Catechin: 8.21mg, Catechin: 8.21mg Epigallocatechin: 6.38mg, Epigallocatechin: 6.38mg, Epigallocatechin: 6.38mg, Epigallocatechin: 6.38mg Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg Epigallocatechin 3-gallate: 2.61mg, Epigallocatechin 3-gallate: 2.61mg, Epigallocatechin 3-gallate: 2.61mg, Epigallocatechin 3-gallate: 2.61mg

Nutrients (% of daily need)

Calories: 873.22kcal (43.66%), Fat: 87.36g (134.39%), Saturated Fat: 10.61g (66.29%), Carbohydrates: 26.41g (8.8%), Net Carbohydrates: 15.39g (5.6%), Sugar: 14.96g (16.62%), Cholesterol: 15.05mg (5.02%), Sodium: 197.22mg (8.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.47g (20.94%), Manganese: 5.15mg (257.35%), Copper: 1.36mg (68.09%), Vitamin B1: 0.76mg (50.35%), Fiber: 11.02g (44.08%), Zinc: 5.2mg (34.65%), Magnesium: 137.62mg (34.4%), Phosphorus: 315.95mg (31.6%), Iron: 2.89mg (16.07%), Potassium: 467.87mg (13.37%), Vitamin B6: 0.24mg (11.94%), Vitamin E: 1.76mg (11.71%), Vitamin B5: 0.99mg (9.87%), Vitamin B2: 0.15mg (8.84%), Calcium: 85.1mg (8.51%), Vitamin B3: 1.33mg (6.67%), Selenium: 4.48µg (6.39%), Folate: 25.17µg (6.29%), Vitamin A: 239.17IU (4.78%), Vitamin K: 4.54µg (4.32%), Vitamin C: 1.26mg (1.52%)