



Cinnasweet Pumpkin Seeds



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



70 min.

SERVINGS



12

CALORIES



211 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup butter melted
- ☐ 4 cups pumpkin seeds dried rinsed
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar white divided

Equipment

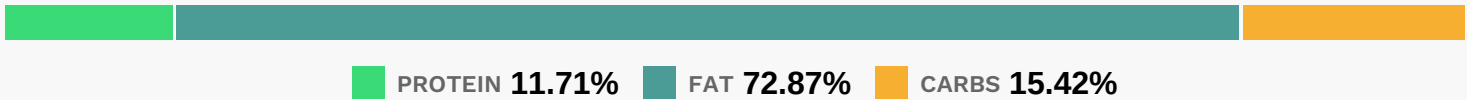
- ☐ bowl

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Combine the pumpkin seeds, margarine, brown sugar, cinnamon, and salt in a bowl; stir to coat the seeds.
- ☐ Spread the seeds in a single layer in a 10x15 inch jelly roll pan.
- ☐ Bake in the preheated oven for 15 minutes; stir and return to oven for 15 minutes more; remove from oven and sprinkle 2 tablespoons sugar over the seeds; stir to coat. Return to oven and bake another 15 minutes before removing again to sprinkle with remaining sugar and stirring.
- ☐ Bake another 15 minutes. Allow to cool before serving. Store leftover seeds in an airtight container.

Nutrition Facts



Properties

Glycemic Index:7.09, Glycemic Load:3.01, Inflammation Score:-6, Nutrition Score:8.3321739862794%

Nutrients (% of daily need)

Calories: 211.31kcal (10.57%), Fat: 18.09g (27.84%), Saturated Fat: 3.43g (21.42%), Carbohydrates: 8.62g (2.87%), Net Carbohydrates: 7.25g (2.64%), Sugar: 6.4g (7.11%), Cholesterol: 0mg (0%), Sodium: 139.75mg (6.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.54g (13.09%), Manganese: 1mg (49.99%), Magnesium: 126.86mg (31.71%), Phosphorus: 265.4mg (26.54%), Copper: 0.29mg (14.42%), Zinc: 1.67mg (11.14%), Iron: 1.91mg (10.62%), Vitamin A: 342.23IU (6.84%), Fiber: 1.37g (5.47%), Vitamin B3: 1.07mg (5.35%), Potassium: 180.03mg (5.14%), Vitamin E: 0.76mg (5.08%), Vitamin B1: 0.06mg (3.95%), Folate: 12.5µg (3.12%), Selenium: 2.06µg (2.94%), Vitamin B2: 0.04mg (2.18%), Vitamin B5: 0.17mg (1.71%), Vitamin B6: 0.03mg (1.62%), Calcium: 16.05mg (1.61%), Vitamin K: 1.61µg (1.53%)