



Citrusy Pecans



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



228 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 1 egg white
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 tablespoons orange juice fresh
- ☐ 2 teaspoons orange rind grated
- ☐ 2 cups pecan halves
- ☐ 0.5 teaspoon salt

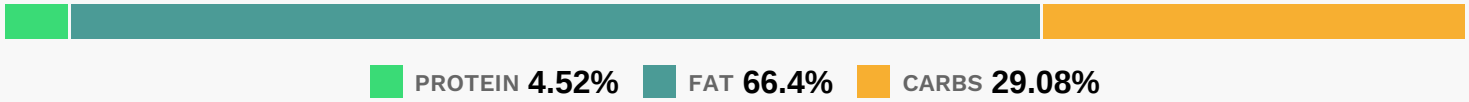
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Whisk egg white in a medium bowl until frothy; toss with pecans.
- ☐ Stir together brown sugar and next 4 ingredients in a large bowl.
- ☐ Add pecans, and toss.
- ☐ Drain well.
- ☐ Place pecans in a single layer on an aluminum foil-lined baking sheet coated with cooking spray.
- ☐ Bake at 325, stirring occasionally, for 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:0.33, Inflammation Score:-2, Nutrition Score:6.4778261830949%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 227.77kcal (11.39%), Fat: 17.84g (27.44%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 17.57g (5.86%), Net Carbohydrates: 15.1g (5.49%), Sugar: 14.71g (16.34%), Cholesterol: 0mg (0%), Sodium: 155.48mg (6.76%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.47%), Manganese: 1.13mg (56.74%), Copper: 0.31mg (15.35%), Vitamin B1: 0.17mg (11.2%), Fiber: 2.47g (9.88%), Magnesium: 32.22mg (8.05%), Zinc: 1.13mg (7.54%), Phosphorus: 70.54mg (7.05%), Iron: 0.75mg (4.14%), Potassium: 135.73mg (3.88%), Vitamin C: 3.08mg (3.73%), Calcium: 30.99mg (3.1%), Vitamin B6: 0.06mg (3.02%), Vitamin B2: 0.05mg (2.96%), Selenium: 1.87µg (2.67%), Vitamin B5: 0.25mg (2.5%), Vitamin E: 0.35mg (2.34%), Folate: 7.16µg (1.79%), Vitamin B3: 0.33mg (1.65%)