



Creole Roasted Pecans



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



826 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1 teaspoon creole seasoning
- ☐ 3 cups pecan halves
- ☐ 1 tablespoon worcestershire sauce

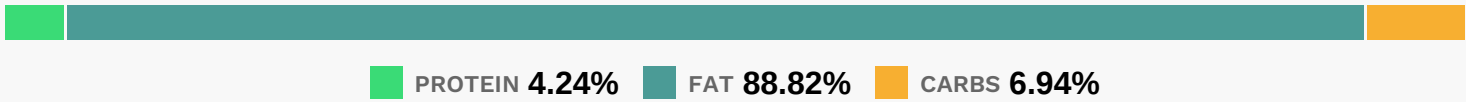
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Stir together first 3 ingredients in a 15- x 10-inch jellyroll pan.
- ☐ Bake at 250 for 45 minutes, stirring every 15 minutes.
- ☐ Drain on paper towels.
- ☐ Sprinkle with seasoning. Store in an airtight container 1 week, or freeze up to 2 months.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:0.49, Inflammation Score:-8, Nutrition Score:19.74956529296%

Flavonoids

Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg

Nutrients (% of daily need)

Calories: 826.21kcal (41.31%), Fat: 86.74g (133.44%), Saturated Fat: 15.86g (99.14%), Carbohydrates: 15.24g (5.08%), Net Carbohydrates: 5.55g (2.02%), Sugar: 4.58g (5.09%), Cholesterol: 40.67mg (13.56%), Sodium: 195.5mg (8.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.32g (18.64%), Manganese: 4.47mg (223.42%), Copper: 1.2mg (60.09%), Vitamin B1: 0.66mg (44.03%), Fiber: 9.69g (38.74%), Magnesium: 121.92mg (30.48%), Zinc: 4.53mg (30.19%), Phosphorus: 284.12mg (28.41%), Vitamin A: 810.04IU (16.2%), Iron: 2.86mg (15.89%), Vitamin E: 2.03mg (13.52%), Potassium: 469.2mg (13.41%), Vitamin B6: 0.22mg (11.24%), Vitamin B5: 0.88mg (8.75%), Vitamin B2: 0.15mg (8.74%), Calcium: 80.89mg (8.09%), Vitamin B3: 1.26mg (6.32%), Folate: 23.51µg (5.88%), Selenium: 4.04µg (5.77%), Vitamin K: 5.38µg (5.12%), Vitamin C: 2.34mg (2.83%)