



Crispy Cayenne Nuts



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.5 teaspoon cinnamon
- ☐ 2 tablespoons orange juice
- ☐ 2 cups pecan halves
- ☐ 0.8 teaspoon salt
- ☐ 3 tablespoons sugar

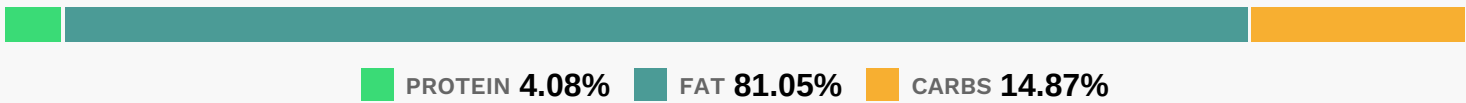
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Stir together first 6 ingredients in a heavy skillet over low heat, stirring until butter melts and sugar dissolves.
- ☐ Add pecan halves, tossing to coat.
- ☐ Spread pecans in a single layer in an aluminum foil-lined 15- x 10-inch jellyroll pan.
- ☐ Bake at 250 for 1 hour, stirring every 15 minutes.
- ☐ Remove nuts from oven, and transfer to a large piece of aluminum foil. Separate nuts with a fork, and cool completely. Store nuts in an airtight container for up to 5 days at room temperature or 1 month in freezer. If frozen, bring to room temperature before serving. If nuts become sticky, bake on an aluminum foil-lined pan at 250 for 20 minutes or until crisp.

Nutrition Facts



Properties

Glycemic Index:11.27, Glycemic Load:1.86, Inflammation Score:-2, Nutrition Score:3.39913049073%

Flavonoids

Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 115.16kcal (5.76%), Fat: 11.03g (16.96%), Saturated Fat: 1.13g (7.06%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 3.23g (1.18%), Sugar: 3.11g (3.46%), Cholesterol: 0mg (0%), Sodium: 133.94mg (5.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Manganese: 0.61mg (30.35%), Copper: 0.16mg (8%), Vitamin

B1: 0.09mg (5.96%), Fiber: 1.32g (5.26%), Magnesium: 16.37mg (4.09%), Zinc: 0.6mg (4.01%), Phosphorus: 37.52mg (3.75%), Iron: 0.35mg (1.94%), Vitamin A: 92.76IU (1.86%), Potassium: 60.47mg (1.73%), Vitamin E: 0.26mg (1.7%), Vitamin C: 1.31mg (1.59%), Vitamin B6: 0.03mg (1.49%), Vitamin B5: 0.12mg (1.2%), Vitamin B2: 0.02mg (1.14%), Calcium: 10.86mg (1.09%)