



Curried Maple Pecans



Vegetarian



Gluten Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon curry powder
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 cup maple syrup pure
- ☐ 1 cup pecan halves
- ☐ 1 tablespoon butter unsalted
- ☐ 0.1 teaspoon each to taste (or)

Equipment

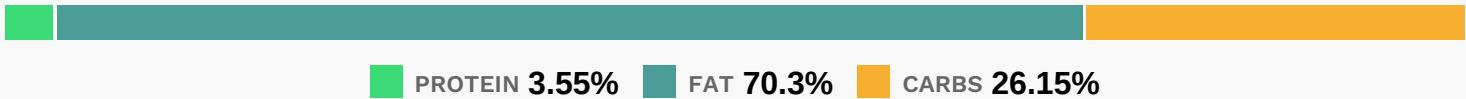
- ☐ frying pan

- ☐ baking paper
- ☐ aluminum foil

Directions

- ☐ In a large, heavy skillet, melt the butter over low heat.
- ☐ Add the curry, ginger, salt and pepper, stirring well to mix the spices into the butter.
- ☐ Let cook 2 minutes.
- ☐ Add the pecans and cook another 2 minutes.
- ☐ Pour the maple syrup on top and, stirring frequently, cook another 2 to 3 minutes, or until the syrup has thickened a bit and the nuts look glazed.
- ☐ Pour the nuts onto waxed or parchment paper or foil, being careful to separate them. as they tend to stick together. When cool, move the nuts to a well-sealed container in a cool spot.

Nutrition Facts



Properties

Glycemic Index:8.58, Glycemic Load:3.37, Inflammation Score:-2, Nutrition Score:5.5678261223695%

Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg

Nutrients (% of daily need)

Calories: 168.07kcal (8.4%), Fat: 13.8g (21.23%), Saturated Fat: 2.23g (13.91%), Carbohydrates: 11.55g (3.85%), Net Carbohydrates: 9.89g (3.6%), Sugar: 8.71g (9.67%), Cholesterol: 5.02mg (1.67%), Sodium: 50.04mg (2.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Manganese: 1.11mg (55.7%), Vitamin B2: 0.19mg (11.38%), Copper: 0.2mg (10.03%), Vitamin B1: 0.12mg (7.89%), Fiber: 1.66g (6.65%), Magnesium: 23.61mg (5.9%), Zinc: 0.86mg (5.71%), Phosphorus: 47.13mg (4.71%), Potassium: 103.18mg (2.95%), Iron: 0.52mg (2.86%), Calcium: 27.75mg (2.78%), Vitamin E: 0.32mg (2.15%), Vitamin B6: 0.04mg (1.88%), Vitamin B5: 0.15mg (1.46%), Vitamin A: 69.24IU (1.38%), Vitamin B3: 0.23mg (1.13%), Selenium: 0.77µg (1.1%)