



## Curry Candy Pecans

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



348 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 tablespoons butter
- 0.3 teaspoon ground pepper
- 1 teaspoon curry powder
- 2 teaspoons garlic salt
- 2 tablespoons honey
- 1.5 teaspoon onion powder
- 1 pound pecans raw

## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- aluminum foil

## Directions

- Preheat oven to 250° F and line large rimmed baking sheet with foil.
- Mix onion powder, garlic salt, curry powder and cayenne in small bowl. (Because I don't use onion powder much, I needed to break it up with a small fork.)
- Melt butter and honey in a saucepan over medium heat.
- Add pecan halves, stir to cover all the nuts with butter/honey mixture.
- Remove from heat.
- Add spice mixture and toss to coat evenly.
- Spread pecans in single layer on the foil-covered baking sheet.
- Bake pecans until dry and toasty, about 40 minutes. Take off of pan and cool completely on waxed paper. Separate the pecans. This mixture stores for up to 1 week.

## Nutrition Facts



**PROTEIN 4.57%** **FAT 84.52%** **CARBS 10.91%**

## Properties

Glycemic Index:14.93, Glycemic Load:2.01, Inflammation Score:-4, Nutrition Score:11.018695681639%

## Flavonoids

Cyanidin: 4.87mg, Cyanidin: 4.87mg, Cyanidin: 4.87mg, Cyanidin: 4.87mg Delphinidin: 3.3mg, Delphinidin: 3.3mg, Delphinidin: 3.3mg, Delphinidin: 3.3mg Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg Epigallocatechin: 2.55mg, Epigallocatechin: 2.55mg, Epigallocatechin: 2.55mg, Epigallocatechin: 2.55mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 1.04mg, Epigallocatechin 3-gallate: 1.04mg, Epigallocatechin 3-gallate: 1.04mg, Epigallocatechin 3-gallate: 1.04mg

## Nutrients (% of daily need)

Calories: 348.11kcal (17.41%), Fat: 34.97g (53.8%), Saturated Fat: 4.25g (26.56%), Carbohydrates: 10.15g (3.38%), Net Carbohydrates: 5.66g (2.06%), Sugar: 5.28g (5.87%), Cholesterol: 6.02mg (2.01%), Sodium: 483.61mg (21.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.52%), Manganese: 2.06mg (102.96%), Copper: 0.55mg (27.49%), Vitamin B1: 0.3mg (20.1%), Fiber: 4.49g (17.95%), Magnesium: 55.96mg (13.99%), Zinc: 2.09mg (13.93%), Phosphorus: 128.3mg (12.83%), Iron: 1.24mg (6.91%), Potassium: 195.97mg (5.6%), Vitamin B6: 0.1mg (5.1%), Vitamin E: 0.76mg (5.06%), Vitamin B5: 0.4mg (4%), Vitamin B2: 0.06mg (3.69%), Calcium: 35.15mg (3.51%), Vitamin B3: 0.55mg (2.75%), Folate: 10.7µg (2.68%), Selenium: 1.87µg (2.67%), Vitamin A: 118.15IU (2.36%), Vitamin K: 2.04µg (1.94%)