



## Eating for Two: Candied Pumpkin Seeds



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



160 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 teaspoon cumin seeds
- ☐ 1 tablespoon granulated sugar
- ☐ 1 pinch ground cinnamon generous
- ☐ 1 teaspoon honey
- ☐ 2 servings kosher salt
- ☐ 0.5 cup pumpkin seeds raw
- ☐ 2 teaspoons butter unsalted

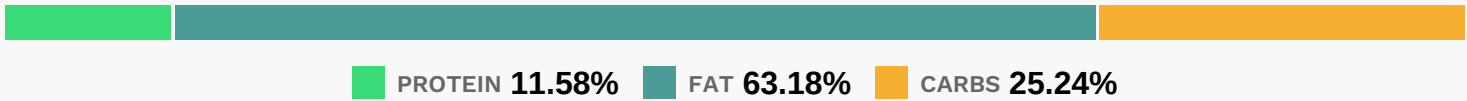
### Equipment

- ☐ frying pan
- ☐ mortar and pestle

## Directions

- ☐ Toast the cumin seeds in a small pan over medium heat 2 to 3 minutes, until the seeds release their aroma and are lightly browned. Pound them coarsely in a mortar.
- ☐ Melt the butter in the cumin pan over medium heat.
- ☐ Add the pumpkin seeds and sugar, then sprinkle the spices and a healthy pinch of salt over them. Toss the pumpkin seeds to coat them well with the butter and cook a few minutes, until just after they begin to pop and color slightly.
- ☐ Turn off the heat and wait 30 seconds.
- ☐ Add the honey, tossing well to coat the pumpkin seeds.
- ☐ Spread on a plate and let them cool.

## Nutrition Facts



## Properties

Glycemic Index:71.18, Glycemic Load:5.77, Inflammation Score:-4, Nutrition Score:6.2617391004511%

## Nutrients (% of daily need)

Calories: 160.21kcal (8.01%), Fat: 11.98g (18.43%), Saturated Fat: 3.96g (24.74%), Carbohydrates: 10.77g (3.59%), Net Carbohydrates: 9.72g (3.54%), Sugar: 9.1g (10.11%), Cholesterol: 10.75mg (3.58%), Sodium: 196.09mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.88%), Manganese: 0.76mg (37.82%), Magnesium: 95.87mg (23.97%), Phosphorus: 199.93mg (19.99%), Copper: 0.22mg (11%), Iron: 1.61mg (8.92%), Zinc: 1.28mg (8.51%), Fiber: 1.05g (4.19%), Vitamin B3: 0.82mg (4.09%), Potassium: 137.52mg (3.93%), Vitamin E: 0.48mg (3.17%), Vitamin B1: 0.05mg (3.03%), Vitamin A: 130.98IU (2.62%), Folate: 9.53µg (2.38%), Selenium: 1.63µg (2.34%), Vitamin B2: 0.03mg (1.74%), Vitamin K: 1.56µg (1.49%), Vitamin B5: 0.13mg (1.28%), Vitamin B6: 0.03mg (1.26%), Calcium: 12.28mg (1.23%)