



 9%
HEALTH SCORE

Christmas Pecans

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



8

CALORIES



254 kcal

SIDE DISH

Ingredients

- 0.3 cup butter melted
- 1 tablespoon orange zest grated
- 2 cups pecans
- 1 tablespoon pumpkin pie spice
- 5 tablespoons sugar divided

Equipment

- frying pan
- baking sheet

- oven
- aluminum foil

Directions

- Stir together 4 tablespoons sugar, melted butter, pumpkin pie spice, and orange rind.
- Add pecan halves; toss to coat.
- Place on a lightly greased aluminum foil-lined baking sheet.
- Sprinkle evenly with remaining 1 tablespoon sugar.
- Bake at 350 for 20 minutes, stirring once.
- Toasted Pecans: Toss 3 cups pecan halves with 1 1/2 tablespoons melted butter.
- Place in an aluminum foil-lined jellyroll pan.
- Bake at 325 for 10 minutes.
- Sprinkle 1 tablespoon coarse salt evenly over pecans, and bake 10 more minutes, stirring once.

Nutrition Facts

PROTEIN 3.55% **FAT 79.09%** **CARBS 17.36%**

Properties

Glycemic Index:10.01, Glycemic Load:5.34, Inflammation Score:-4, Nutrition Score:6.7356521872723%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg

Nutrients (% of daily need)

Calories: 254.19kcal (12.71%), Fat: 23.65g (36.39%), Saturated Fat: 2.76g (17.27%), Carbohydrates: 11.68g (3.89%), Net Carbohydrates: 9.11g (3.31%), Sugar: 8.53g (9.47%), Cholesterol: 0mg (0%), Sodium: 67.38mg (2.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Manganese: 1.23mg (61.64%), Copper: 0.3mg (15.09%), Vitamin B1: 0.17mg (11.06%), Fiber: 2.57g (10.27%), Magnesium: 31.35mg (7.84%), Zinc: 1.14mg (7.61%), Phosphorus: 71.23mg (7.12%), Vitamin A: 272.71IU (5.45%), Iron: 0.78mg (4.35%), Vitamin E: 0.58mg (3.89%), Potassium: 111.17mg (3.18%), Vitamin B6: 0.06mg (2.85%), Calcium: 25.85mg (2.59%), Vitamin B5: 0.22mg (2.23%), Vitamin B2: 0.04mg

(2.23%), Vitamin C: 1.48mg (1.8%), Vitamin B3: 0.31mg (1.57%), Selenium: 1.06µg (1.52%), Folate: 5.92µg (1.48%),
Vitamin K: 1.08µg (1.03%)