



Five-Spice Pecan



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



205 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons five spice powder
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons t brown sugar dark
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 cups pecans
- ☐ 4 teaspoons vegetable oil
- ☐ 4 teaspoons water

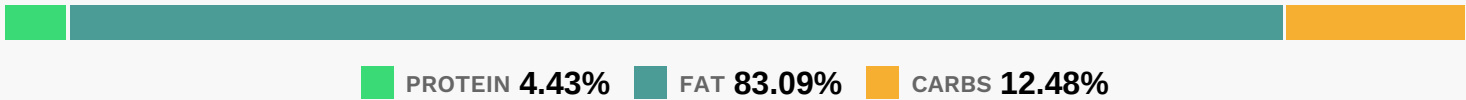
Equipment

- ☐ sauce pan
- ☐ baking paper
- ☐ oven

Directions

- ☐ Heat oven to 350°. In a medium saucepan, warm 4 teaspoonsvegetable oil over medium-low heat.
- ☐ Add 2 tablespoons plus 1 teaspoondark brown sugar, 4 teaspoons water, 1 1/2 teaspoons five-spice powder,1/4 teaspoon ground cumin and 1/4 teaspoon freshly ground blackpepper; stir until sugar dissolves and mixture bubbles.
- ☐ Add2 cups pecan halves; cook, stirring, until pecans are thicklycoated, about 3 minutes.
- ☐ Spread evenly on a baking sheetlined with parchment paper; sprinkle with 1/4 teaspoon kosher salt.
- ☐ Bake until fragrant and crisp, 8 to 10 minutes. Cool completely.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:6.474782595168%

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: 205.23kcal (10.26%), Fat: 20.21g (31.08%), Saturated Fat: 1.88g (11.74%), Carbohydrates: 6.83g (2.28%), Net Carbohydrates: 4.32g (1.57%), Sugar: 3.89g (4.33%), Cholesterol: 0mg (0%), Sodium: 73.87mg (3.21%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.85%), Manganese: 1.14mg (57.16%), Copper: 0.31mg (15.35%), Vitamin B1: 0.17mg (11.09%), Fiber: 2.51g (10.03%), Magnesium: 31.85mg (7.96%), Zinc: 1.17mg (7.77%), Phosphorus: 72.39mg (7.24%), Iron: 0.97mg (5.41%), Vitamin K: 5.11µg (4.87%), Vitamin E: 0.53mg (3.56%), Potassium: 118.24mg (3.38%), Vitamin B6: 0.06mg (2.93%), Calcium: 25.64mg (2.56%), Vitamin B5: 0.22mg (2.24%), Vitamin B2: 0.03mg (2.04%), Vitamin B3: 0.32mg (1.6%), Selenium: 1.02µg (1.46%), Folate: 5.57µg (1.39%)