



Ginger-Spiced Pecans



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



887 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons ground ginger
- ☐ 3 cups pecan halves
- ☐ 1 pinch salt
- ☐ 0.3 cup sugar
- ☐ 4 tablespoons butter unsalted

Equipment

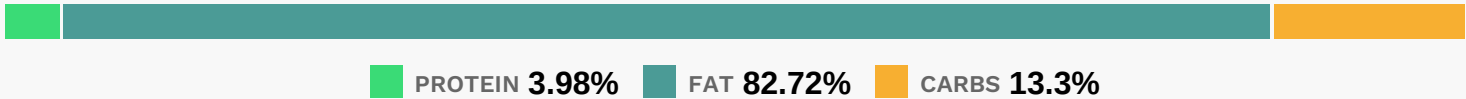
- ☐ bowl
- ☐ frying pan

☐ baking sheet

Directions

- ☐ In a large nonstick frying pan, melt the butter over moderate heat.
- ☐ Add the pecans and cook, stirring, until beginning to brown, about 4 minutes.
- ☐ In a small bowl, combine the sugar, ginger, and salt.
- ☐ Sprinkle the mixture evenly over the pecans in the pan and cook, stirring, until the pecans are coated with the sugar mixture and are browned and crisp, 1 to 2 minutes. Don't cook them too long or the sugar will begin to melt.
- ☐ Put the pecans on a baking sheet and spread them out to cool.

Nutrition Facts



Properties

Glycemic Index:26.7, Glycemic Load:12.06, Inflammation Score:-7, Nutrition Score:19.326521811278%

Flavonoids

Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg

Nutrients (% of daily need)

Calories: 886.56kcal (44.33%), Fat: 86.53g (133.12%), Saturated Fat: 15.74g (98.38%), Carbohydrates: 31.33g (10.44%), Net Carbohydrates: 21.64g (7.87%), Sugar: 20.62g (22.91%), Cholesterol: 40.13mg (13.38%), Sodium: 15.5mg (0.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.36g (18.71%), Manganese: 4.9mg (245.02%), Copper: 1.2mg (59.93%), Vitamin B1: 0.65mg (43.66%), Fiber: 9.69g (38.77%), Magnesium: 123.02mg (30.75%), Zinc: 4.55mg (30.34%), Phosphorus: 280.95mg (28.1%), Iron: 2.78mg (15.45%), Potassium: 428.32mg (12.24%), Vitamin E: 1.82mg (12.13%), Vitamin B6: 0.22mg (10.84%), Vitamin A: 522.32IU (10.45%), Vitamin B5: 0.88mg (8.81%), Vitamin B2: 0.14mg (8.26%), Calcium: 75.47mg (7.55%), Selenium: 4.79µg (6.85%), Vitamin B3: 1.29mg (6.47%), Folate: 22.51µg (5.63%), Vitamin K: 4.78µg (4.55%), Vitamin D: 0.28µg (1.87%), Vitamin C: 1.1mg (1.33%)