



Honey Pumpkin Seeds

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



16

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 0.3 cup butter melted
- ☐ 0.5 cup honey
- ☐ 4 cups pumpkin seeds raw
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar white

Equipment

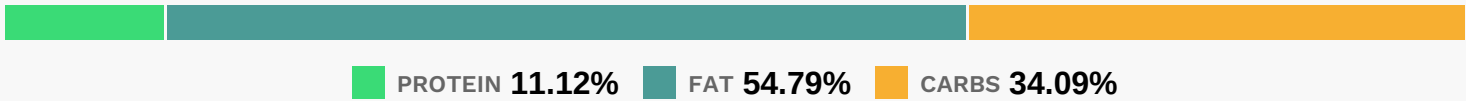
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Place oven rack in the highest position. Preheat oven to 300 degrees F (150 degrees C). Line a large baking sheet with aluminum foil.
- ☐ Mix butter, honey, brown sugar, and salt together in a bowl; add pumpkin seeds and toss to coat.
- ☐ Spread coated seeds in 1 layer onto the prepared baking sheet.
- ☐ Bake in the preheated oven for 20 minutes. Stir seeds and continue baking for 20 more minutes.
- ☐ Sprinkle seeds with white sugar and bake until lightly browned, about 20 more minutes. Cool seeds and store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:6.81, Inflammation Score:-4, Nutrition Score:6.0756523055227%

Nutrients (% of daily need)

Calories: 164.81kcal (8.24%), Fat: 10.73g (16.51%), Saturated Fat: 3.21g (20.05%), Carbohydrates: 15.03g (5.01%), Net Carbohydrates: 14.05g (5.11%), Sugar: 13.5g (15%), Cholesterol: 7.63mg (2.54%), Sodium: 61.14mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.8%), Manganese: 0.74mg (36.83%), Magnesium: 95.14mg (23.78%), Phosphorus: 198.62mg (19.86%), Copper: 0.22mg (10.98%), Zinc: 1.28mg (8.51%), Iron: 1.47mg (8.16%), Vitamin B3: 0.81mg (4.07%), Potassium: 137.87mg (3.94%), Fiber: 0.98g (3.92%), Vitamin B1: 0.04mg (2.92%), Vitamin E: 0.43mg (2.87%), Folate: 9.61µg (2.4%), Selenium: 1.66µg (2.37%), Vitamin A: 91.2IU (1.82%), Vitamin B2: 0.03mg (1.78%), Vitamin K: 1.42µg (1.35%), Vitamin B5: 0.13mg (1.33%), Vitamin B6: 0.03mg (1.31%), Calcium: 10.15mg (1.01%)