



Honey-Roasted Peppered Pecans

 Vegetarian  Gluten Free  Dairy Free

READY IN



3 min.

SERVINGS



6

CALORIES



288 kcal

SIDE DISH

Ingredients

- 2 teaspoons pepper black freshly ground
- 0.3 teaspoon ground allspice
- 0.3 cup honey
- 2 cups pecans
- 1 teaspoon salt
- 2 tablespoons sugar

Equipment

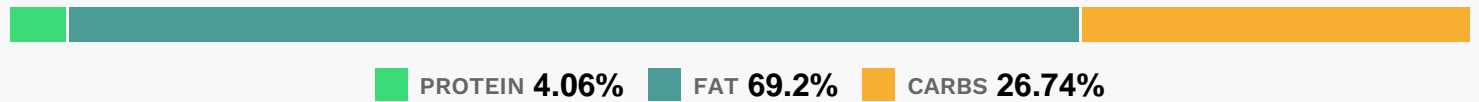
- baking paper

- oven
- baking pan

Directions

- Preheat oven to 350°F.
- Stir together honey, pepper, salt, and allspice and add pecans, tossing to coat well.
- Spread pecans in 1 layer in a shallow (1-inch-deep) baking pan and sprinkle with sugar.
- Bake in middle of oven 15 minutes, then stir pecans and bake 5 minutes more.
- Transfer to a sheet of wax or parchment paper to cool and, working quickly, separate pecans with a fork while still warm.
- Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:29.89, Glycemic Load:9.09, Inflammation Score:-3, Nutrition Score:8.3652173384376%

Flavonoids

Cyanidin: 3.54mg, Cyanidin: 3.54mg, Cyanidin: 3.54mg, Cyanidin: 3.54mg Delphinidin: 2.4mg, Delphinidin: 2.4mg, Delphinidin: 2.4mg, Delphinidin: 2.4mg Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg

Nutrients (% of daily need)

Calories: 288.26kcal (14.41%), Fat: 23.8g (36.62%), Saturated Fat: 2.05g (12.82%), Carbohydrates: 20.7g (6.9%), Net Carbohydrates: 17.31g (6.3%), Sugar: 16.9g (18.78%), Cholesterol: 0mg (0%), Sodium: 388.38mg (16.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.29%), Manganese: 1.58mg (79.25%), Copper: 0.41mg (20.55%), Vitamin B1: 0.22mg (14.57%), Fiber: 3.38g (13.53%), Magnesium: 41.47mg (10.37%), Zinc: 1.54mg (10.24%), Phosphorus: 93.12mg (9.31%), Iron: 0.97mg (5.39%), Potassium: 152.54mg (4.36%), Vitamin B6: 0.07mg (3.74%), Vitamin E: 0.47mg (3.13%), Vitamin B5: 0.3mg (3.04%), Vitamin B2: 0.05mg (2.96%), Calcium: 27.73mg (2.77%), Vitamin K: 2.25µg (2.14%), Vitamin B3: 0.41mg (2.07%), Selenium: 1.43µg (2.04%), Folate: 7.69µg (1.92%)