



Maryland Pumpkin Seeds



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



6

CALORIES



247 kcal

SIDE DISH

Ingredients



4 cups pumpkin seeds raw



0.3 cup seafood seasoning such as old

Equipment



baking sheet



paper towels



oven

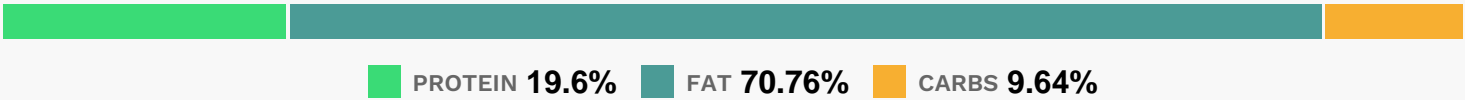


colander

Directions

- ☐ Preheat the oven to 300 degrees F (150 degrees C). Rinse pumpkin seeds in a colander.
- ☐ Spread out on paper towels and pat dry.
- ☐ Coat a large baking sheet with cooking spray and spread the pumpkin seeds out in a single layer. Spray the tops of the seeds with additional cooking spray.
- ☐ Sprinkle the seafood seasoning evenly over the tops.
- ☐ Bake for 30 minutes in the preheated oven, stirring occasionally, until dry and toasted. Cool for a few minutes before serving.

Nutrition Facts



Properties

Glycemic Index:1.67, Glycemic Load:0.2, Inflammation Score:-8, Nutrition Score:17.560434704242%

Nutrients (% of daily need)

Calories: 247.46kcal (12.37%), Fat: 21.15g (32.53%), Saturated Fat: 3.79g (23.69%), Carbohydrates: 6.48g (2.16%), Net Carbohydrates: 3.59g (1.31%), Sugar: 0.69g (0.76%), Cholesterol: 0mg (0%), Sodium: 3.77mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.18g (26.36%), Manganese: 2.14mg (106.92%), Magnesium: 259.12mg (64.78%), Phosphorus: 531.07mg (53.11%), Copper: 0.6mg (29.88%), Iron: 4.79mg (26.63%), Vitamin K: 26.61µg (25.34%), Zinc: 3.42mg (22.83%), Fiber: 2.89g (11.56%), Vitamin B3: 2.21mg (11.07%), Potassium: 365.12mg (10.43%), Vitamin B1: 0.12mg (8.28%), Folate: 28.77µg (7.19%), Vitamin E: 0.97mg (6.46%), Selenium: 4.22µg (6.03%), Vitamin B6: 0.1mg (4.98%), Calcium: 48.68mg (4.87%), Vitamin B2: 0.07mg (4.17%), Vitamin B5: 0.32mg (3.2%), Vitamin A: 83.59IU (1.67%), Vitamin C: 1.16mg (1.41%)