



Mexico Nuts



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



136 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 1 egg white
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 cup pecan halves
- ☐ 0.8 cup powdered sugar

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons water cold

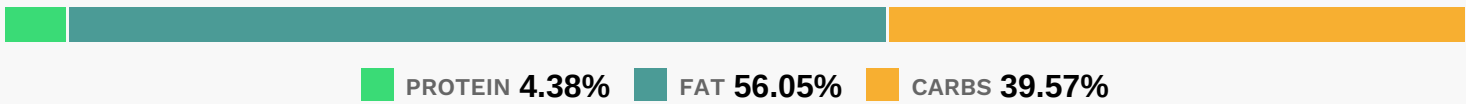
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Combine first 7 ingredients.
- ☐ Whisk egg white lightly; add 2 tablespoons water, whisking mixture until blended.
- ☐ Dip pecan halves into egg white mixture.
- ☐ Drain well with a slotted spoon. Dredge in sugar mixture.
- ☐ Place nuts in a single layer on a baking sheet coated with cooking spray.
- ☐ Bake at 250 for 1 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:3.4030434539461%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

Nutrients (% of daily need)

Calories: 136.19kcal (6.81%), Fat: 8.94g (13.76%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 14.21g (4.74%), Net Carbohydrates: 12.83g (4.67%), Sugar: 11.53g (12.82%), Cholesterol: 0mg (0%), Sodium: 79.66mg (3.46%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Manganese: 0.64mg (32.14%), Copper: 0.15mg (7.65%), Fiber: 1.38g (5.53%), Vitamin B1: 0.08mg (5.48%), Magnesium: 15.95mg (3.99%), Zinc: 0.57mg (3.81%), Phosphorus: 35.45mg (3.55%), Vitamin B2: 0.04mg (2.09%), Iron: 0.37mg (2.03%), Selenium: 1.34µg (1.91%), Potassium: 60.75mg (1.74%), Vitamin B6: 0.03mg (1.42%), Vitamin E: 0.2mg (1.35%), Calcium: 12.62mg (1.26%), Vitamin B5: 0.12mg (1.15%)