

Microwave Spiced Nuts

 Vegetarian  Gluten Free  Low Fod Map

READY IN



12 min.

SERVINGS



3

CALORIES



962 kcal

SIDE DISH

Ingredients

- 0.5 cup brown sugar
- 0.3 cup butter
- 1 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 3 cups pecans
- 2 tablespoons water

Equipment

- microwave

glass casserole dish

Directions

Melt butter in a 4 quart glass casserole dish in the microwave. Stir in the brown sugar, nutmeg, cinnamon and water. Microwave on high for 1 minute. Stir in the nuts so they are well coated. Microwave for 4 to 5 additional minutes on high, stirring every minute.

Spread cooked nuts out onto parchment or waxed paper to cool.

Nutrition Facts

 **PROTEIN 3.66%**  **FAT 76.56%**  **CARBS 19.78%**

Properties

Glycemic Index:45, Glycemic Load:0.51, Inflammation Score:-7, Nutrition Score:19.561739006768%

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: 962.45kcal (48.12%), Fat: 86.75g (133.46%), Saturated Fat: 15.93g (99.56%), Carbohydrates: 50.44g (16.81%), Net Carbohydrates: 40.52g (14.73%), Sugar: 39.62g (44.02%), Cholesterol: 40.67mg (13.56%), Sodium: 132.52mg (5.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.33g (18.66%), Manganese: 4.6mg (230.23%), Copper: 1.21mg (60.63%), Vitamin B1: 0.66mg (43.71%), Fiber: 9.93g (39.71%), Magnesium: 124.58mg (31.14%), Zinc: 4.53mg (30.22%), Phosphorus: 281.37mg (28.14%), Iron: 2.83mg (15.75%), Potassium: 463.25mg (13.24%), Vitamin E: 1.84mg (12.27%), Vitamin B6: 0.23mg (11.25%), Calcium: 111.87mg (11.19%), Vitamin A: 530.47IU (10.61%), Vitamin B5: 0.93mg (9.26%), Vitamin B2: 0.14mg (7.98%), Selenium: 4.42µg (6.31%), Vitamin B3: 1.22mg (6.1%), Folate: 23.01µg (5.75%), Vitamin K: 5µg (4.76%), Vitamin C: 1.12mg (1.36%)