



Nacho Cheese Pumpkin Seeds

 Vegetarian  Gluten Free

READY IN



260 min.

SERVINGS



3

CALORIES



684 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons buttermilk powder
- 0.1 teaspoon ground pepper
- 0.5 teaspoon chili powder
- 0.3 teaspoon garlic powder
- 1.3 teaspoons kosher salt
- 0.5 teaspoon onion powder
- 3 cups pumpkin seeds raw hulled
- 1.5 cups sharp cheddar cheese shredded

- 2 tablespoons vegetable oil

Equipment

- bowl
- baking sheet
- paper towels
- oven
- whisk
- spatula

Directions

- Heat the oven to 200°F and arrange a rack in the middle.
- Sprinkle the cheese on a rimmed baking sheet in an even layer.
- Bake until the cheese melts and the oil separates out of it, about 1 hour.
- Remove the baking sheet from the oven and blot off any oil from the surface of the cheese with paper towels. Return the baking sheet to the oven and bake until the cheese is completely dry and brittle, about 2 hours more. Meanwhile, fold 4 paper towels in half lengthwise and place them on a work surface. When the cheese is ready, immediately transfer it to the paper towels using a flat metal spatula. Blot any remaining oil from the surface with additional paper towels. Break the cheese into small pieces. Working in batches, grind the cheese pieces in a coffee or spice grinder until a fine powder forms.
- Transfer the powder to a medium bowl, add the remaining ingredients, and whisk to combine; set aside. For the seeds: Increase the oven temperature to 375°F and keep the rack in the middle.
- Place the seeds and oil in a large bowl and stir until the seeds are evenly coated.
- Transfer to a rimmed baking sheet and spread the seeds in an even layer. (Reserve the bowl—you don't need to wash it.) Roast, stirring halfway through, until the seeds are fragrant and starting to brown, about 10 minutes total. Immediately transfer the seeds to the reserved bowl. (Reserve the baking sheet—no need to wash.)
- Add the nacho cheese powder and stir to evenly coat the seeds. Return the coated seeds to the reserved baking sheet and spread them in an even layer.
- Let them cool completely, about 30 minutes.

Serve immediately or store in an airtight container at room temperature for up to 5 days.

Nutrition Facts

PROTEIN 18.85% **FAT 75.28%** **CARBS 5.87%**

Properties

Glycemic Index:24.67, Glycemic Load:0.69, Inflammation Score:-9, Nutrition Score:30.115217390268%

Nutrients (% of daily need)

Calories: 684.32kcal (34.22%), Fat: 59.93g (92.19%), Saturated Fat: 17.9g (111.89%), Carbohydrates: 10.5g (3.5%), Net Carbohydrates: 6.45g (2.35%), Sugar: 2.75g (3.06%), Cholesterol: 58.77mg (19.59%), Sodium: 1365.81mg (59.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.77g (67.54%), Manganese: 2.93mg (146.53%), Phosphorus: 1081.9mg (108.19%), Magnesium: 398.97mg (99.74%), Zinc: 7.24mg (48.29%), Calcium: 471.1mg (47.11%), Copper: 0.89mg (44.48%), Selenium: 22.86µg (32.65%), Iron: 5.85mg (32.48%), Vitamin B2: 0.4mg (23.73%), Vitamin K: 23.15µg (22.05%), Vitamin E: 2.72mg (18.12%), Potassium: 628.22mg (17.95%), Vitamin B3: 3.3mg (16.49%), Fiber: 4.05g (16.21%), Vitamin A: 715.63IU (14.31%), Vitamin B1: 0.21mg (13.85%), Folate: 51.04µg (12.76%), Vitamin B12: 0.72µg (12.07%), Vitamin B5: 0.82mg (8.25%), Vitamin B6: 0.16mg (7.86%), Vitamin D: 0.36µg (2.37%), Vitamin C: 1.55mg (1.88%)