



Orange Chipotle-Spiced Pecan Mix



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon t brown sugar dark
- ☐ 1 large egg whites
- ☐ 0.5 teaspoon chipotle chili powder
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon orange juice fresh
- ☐ 1 tablespoon orange zest grated
- ☐ 2 cups pecans
- ☐ 0.5 cup cranberries dried sweetened

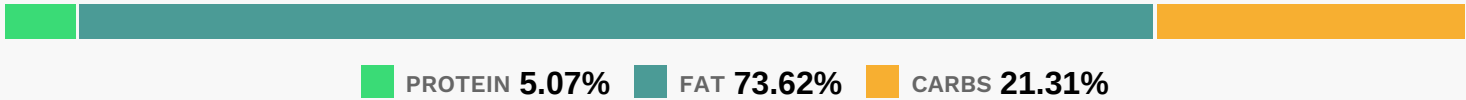
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 22
- ☐ Combine first 3 ingredients in a medium bowl; stir with a whisk. Stir in pecans.
- ☐ Combine sugar, salt, and pepper.
- ☐ Add to pecan mixture; toss well.
- ☐ Spread mixture in a single layer on a jelly-roll pan coated with cooking spray.
- ☐ Bake at 225 for 1 hour, stirring occasionally.
- ☐ Remove from oven; cool completely. Stir in cranberries.
- ☐ Note: Store in an airtight container for up to one week.

Nutrition Facts



Properties

Glycemic Index:3.88, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:3.2895651834652%

Flavonoids

Cyanidin: 1.35mg, Cyanidin: 1.35mg, Cyanidin: 1.35mg, Cyanidin: 1.35mg 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 Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 102.12kcal (5.11%), Fat: 8.97g (13.79%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 5.84g (1.95%), Net Carbohydrates: 4.39g (1.6%), Sugar: 4.08g (4.53%), Cholesterol: 0mg (0%), Sodium: 150.21mg (6.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Manganese: 0.57mg (28.46%), Copper: 0.15mg (7.66%), Fiber: 1.45g (5.81%), Vitamin B1: 0.08mg (5.59%), Magnesium: 15.72mg (3.93%), Zinc: 0.57mg (3.8%), Phosphorus: 35.37mg (3.54%), Iron: 0.35mg (1.96%), Vitamin E: 0.28mg (1.85%), Potassium: 61.12mg (1.75%), Vitamin B2: 0.03mg (1.61%), Vitamin B6: 0.03mg (1.51%), Vitamin C: 1.19mg (1.44%), Selenium: 0.93µg (1.33%), Vitamin B5: 0.12mg (1.24%), Calcium: 10.79mg (1.08%)