

Pecan Snack



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



3

CALORIES



1244 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 egg white
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 pound pecans
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon water
- ☐ 0.8 cup sugar white

Equipment

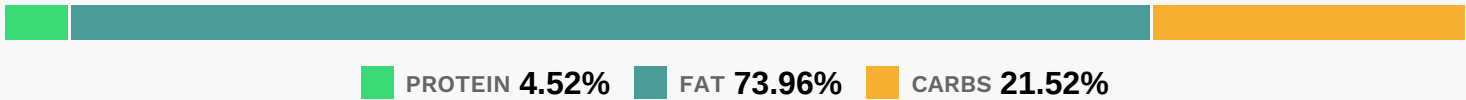
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 250 degrees F (120 degrees C).
- ☐ In a large bowl, beat egg white with water until frothy. Stir in pecans and mix to coat.
- ☐ Combine sugar, cinnamon and salt and stir into pecan mixture.
- ☐ Spread on a baking sheet.
- ☐ Bake in preheated oven 1 hour, stirring every 15 minutes. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:28.36, Glycemic Load:35.56, Inflammation Score:-7, Nutrition Score:26.041304491136%

Flavonoids

Cyanidin: 16.24mg, Cyanidin: 16.24mg, Cyanidin: 16.24mg, Cyanidin: 16.24mg Delphinidin: 11.01mg, Delphinidin: 11.01mg, Delphinidin: 11.01mg, Delphinidin: 11.01mg Catechin: 10.95mg, Catechin: 10.95mg, Catechin: 10.95mg, Catechin: 10.95mg Epigallocatechin: 8.51mg, Epigallocatechin: 8.51mg, Epigallocatechin: 8.51mg, Epigallocatechin: 8.51mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 3.48mg, Epigallocatechin 3-gallate: 3.48mg, Epigallocatechin 3-gallate: 3.48mg, Epigallocatechin 3-gallate: 3.48mg

Nutrients (% of daily need)

Calories: 1244.12kcal (62.21%), Fat: 109.05g (167.77%), Saturated Fat: 9.35g (58.41%), Carbohydrates: 71.43g (23.81%), Net Carbohydrates: 56.56g (20.57%), Sugar: 55.99g (62.21%), Cholesterol: 0mg (0%), Sodium: 792.58mg (34.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.98g (29.96%), Manganese: 6.93mg (346.27%), Copper: 1.82mg (91.19%), Vitamin B1: 1mg (66.56%), Fiber: 14.87g (59.48%), Magnesium: 184.52mg (46.13%), Zinc: 6.87mg (45.81%), Phosphorus: 420.74mg (42.07%), Iron: 3.92mg (21.78%), Potassium: 640.24mg (18.29%), Vitamin B6: 0.32mg (15.95%), Vitamin B2: 0.25mg (14.72%), Vitamin E: 2.13mg (14.21%), Vitamin B5: 1.33mg (13.26%), Selenium: 8.07µg (11.53%), Calcium: 114.35mg (11.43%), Vitamin B3: 1.79mg (8.94%), Folate: 33.7µg (8.43%), Vitamin K: 5.5µg (5.24%), Vitamin C: 1.69mg (2.05%), Vitamin A: 86.64IU (1.73%)