

What She Ate

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HEALTH SCORE

Peppered Pecans



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

800 kcal

SIDE DISH

Ingredients

- ☐ 2 egg whites
- ☐ 1 teaspoon ground pepper
- ☐ 0.5 teaspoon ground paprika
- ☐ 1 teaspoon ground pepper black finely
- ☐ 1 teaspoon ground pepper white
- ☐ 0.5 teaspoon ground thyme dried
- ☐ 0.1 teaspoon liquid smoke flavoring
- ☐ 1 pound pecan halves

- ☐ 1 teaspoon pepper sauce hot tabasco® such as
- ☐ 1 tablespoon worcestershire sauce

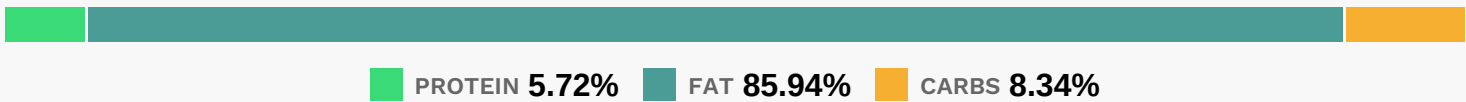
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ colander

Directions

- ☐ Preheat an oven to 375 degrees F (190 degrees C). Spray a large heavy roasting pan with cooking spray.
- ☐ Mix black pepper, white pepper, cayenne pepper, paprika, and dried thyme in a small bowl. Set aside.
- ☐ Whisk egg whites in a large bowl until foamy.
- ☐ Add Worcestershire, hot sauce, and liquid smoke flavoring and whisk to mix. Drop in pecans and stir to coat well.
- ☐ Pour coated pecans into a colander to drain off extra egg white mixture; return to bowl and add the pepper mixture. Stir well to coat each pecan with spices.
- ☐ Spread pecans in prepared roasting pan. Roast in preheated oven for 5 minutes and stir pecans; roast an additional 5 minutes and stir again. Turn off heat and roast pecans an additional 5 to 10 minutes until pecans are lightly browned and fragrant.
- ☐ Let cool and serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.6, Inflammation Score:-8, Nutrition Score:21.965651977969%

Flavonoids

Cyanidin: 12.18mg, Cyanidin: 12.18mg, Cyanidin: 12.18mg, Cyanidin: 12.18mg Delphinidin: 8.26mg, Delphinidin: 8.26mg, Delphinidin: 8.26mg, Delphinidin: 8.26mg Catechin: 8.21mg, Catechin: 8.21mg, Catechin: 8.21mg, Catechin: 8.21mg Epigallocatechin: 6.38mg, Epigallocatechin: 6.38mg, Epigallocatechin: 6.38mg, Epigallocatechin: 6.38mg Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg Epigallocatechin 3-gallate: 2.61mg, Epigallocatechin 3-gallate: 2.61mg, Epigallocatechin 3-gallate: 2.61mg, Epigallocatechin 3-gallate: 2.61mg

Nutrients (% of daily need)

Calories: 800.14kcal (40.01%), Fat: 81.83g (125.89%), Saturated Fat: 7.04g (44.02%), Carbohydrates: 17.87g (5.96%), Net Carbohydrates: 6.45g (2.35%), Sugar: 5.13g (5.7%), Cholesterol: 0mg (0%), Sodium: 107.44mg (4.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.25g (24.5%), Manganese: 5.21mg (260.71%), Copper: 1.39mg (69.45%), Vitamin B1: 0.76mg (50.41%), Fiber: 11.42g (45.66%), Magnesium: 142.25mg (35.56%), Zinc: 5.19mg (34.62%), Phosphorus: 323.19mg (32.32%), Iron: 3.48mg (19.32%), Potassium: 548.62mg (15.67%), Vitamin B2: 0.23mg (13.49%), Vitamin B6: 0.26mg (13.04%), Vitamin E: 1.83mg (12.19%), Selenium: 7.44µg (10.62%), Vitamin B5: 1.02mg (10.21%), Calcium: 92.27mg (9.23%), Vitamin A: 407.15IU (8.14%), Vitamin B3: 1.46mg (7.28%), Vitamin K: 7.6µg (7.24%), Folate: 27.08µg (6.77%), Vitamin C: 3.1mg (3.76%)