



## Perfect Pumpkin Seeds



Gluten Free



Dairy Free

READY IN



**515 min.**

SERVINGS



**6**

CALORIES



**132 kcal**

SIDE DISH

## Ingredients

- ☐ 1 tablespoon bacon grease
- ☐ 1.5 tablespoons cayenne pepper to taste
- ☐ 1 tablespoon garlic salt
- ☐ 0.8 tablespoon liquid smoke flavoring
- ☐ 1 tablespoon pepper sauce hot tabasco® such as
- ☐ 1.5 cups pumpkin seeds raw whole cleaned
- ☐ 6 servings salt to taste
- ☐ 0.5 cup worcestershire sauce

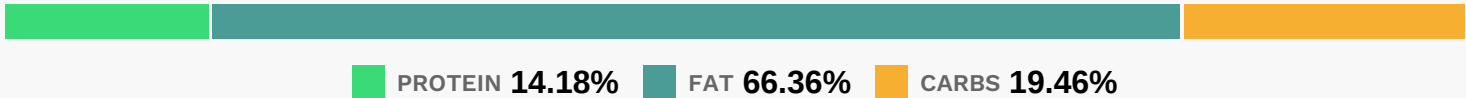
# Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ broiler
- ☐ slotted spoon

# Directions

- ☐ Place the pumpkin seeds in a container with a lid, and mix in the Worcestershire sauce, hot pepper sauce, bacon grease, and liquid smoke flavoring. Cover the container, and allow to stand overnight.
- ☐ Preheat the oven's broiler, and set the oven rack about 6 inches from the heat source.
- ☐ Remove the seeds from the flavorings with a slotted spoon, and transfer into a bowl.
- ☐ Mix the cayenne pepper and garlic salt into the seeds, and stir to coat well.
- ☐ Spread the seeds over a baking sheet in a single layer.
- ☐ Sprinkle with additional salt.
- ☐ Roast the seeds under the broiler until toasted and golden brown, about 8 minutes; turn the seeds over twice during broiling. Cool to room temperature.

# Nutrition Facts



# Properties

Glycemic Index:7, Glycemic Load:0.19, Inflammation Score:-6, Nutrition Score:8.2286956880404%

# Nutrients (% of daily need)

Calories: 132.23kcal (6.61%), Fat: 10.39g (15.99%), Saturated Fat: 2.34g (14.61%), Carbohydrates: 6.86g (2.29%), Net Carbohydrates: 5.55g (2.02%), Sugar: 2.67g (2.97%), Cholesterol: 2.22mg (0.74%), Sodium: 1720.87mg (74.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5g (10%), Manganese: 0.76mg (37.82%), Magnesium: 99.74mg (24.94%), Phosphorus: 214.93mg (21.49%), Iron: 2.75mg (15.25%), Copper: 0.27mg (13.35%), Vitamin A: 544.3IU (10.89%), Potassium: 341.35mg (9.75%), Zinc: 1.33mg (8.88%), Vitamin C: 5.86mg (7.1%), Vitamin B3: 1.07mg

(5.36%), Fiber: 1.31g (5.23%), Vitamin E: 0.76mg (5.04%), Vitamin B1: 0.06mg (4.31%), Vitamin B2: 0.07mg (3.97%), Calcium: 34.74mg (3.47%), Folate: 12.57µg (3.14%), Vitamin B6: 0.06mg (2.85%), Selenium: 1.73µg (2.47%), Vitamin K: 2.45µg (2.34%), Vitamin B5: 0.12mg (1.22%)