



Pumpkin Pie Seeds



Vegetarian



Gluten Free



Low Fod Map

READY IN



95 min.

SERVINGS



4

CALORIES



129 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon ground cardamom
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 cup pumpkin seeds raw cleaned (preferably from a sugar pumpkin)
- ☐ 4 teaspoons salt
- ☐ 1 tablespoon butter unsalted

- ☐ 4 cups water
- ☐ 1 tablespoon sugar white to taste

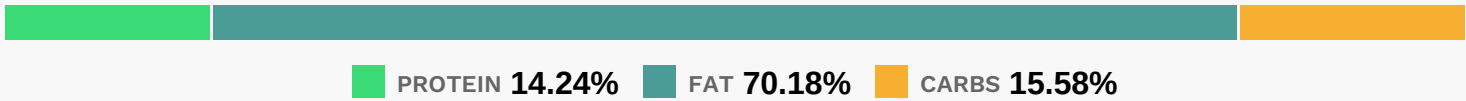
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Place pumpkin seeds, water, and salt in a saucepan, bring to a boil, and reduce heat to medium; boil seeds for 10 minutes.
- ☐ Drain seeds but do not rinse. Pat seeds dry with paper towels and spread out onto a work surface or a baking sheet for 30 minutes to dry.
- ☐ Preheat oven to 250 degrees F (120 degrees C). Line a baking sheet with aluminum foil.
- ☐ Melt butter in a large microwave-safe bowl until melted, about 1 minute. Toss seeds in the melted butter and mix in 1 tablespoon sugar, cinnamon, ginger, nutmeg, cloves, and cardamom; toss again to coat seeds thoroughly with spices.
- ☐ Spread seeds out onto the prepared baking sheet in a single layer.
- ☐ Bake in the preheated oven until toasted and crunchy, 45 minutes to 1 hour. Stir several times during baking.
- ☐ Sprinkle toasted seeds with 1 tablespoon sugar or as desired; cool before serving.

Nutrition Facts



Properties

Glycemic Index:40.02, Glycemic Load:2.2, Inflammation Score:-4, Nutrition Score:6.8508694991469%

Nutrients (% of daily need)

Calories: 128.93kcal (6.45%), Fat: 10.77g (16.58%), Saturated Fat: 3.23g (20.16%), Carbohydrates: 5.38g (1.79%), Net Carbohydrates: 4.05g (1.47%), Sugar: 3.27g (3.64%), Cholesterol: 7.53mg (2.51%), Sodium: 2339.31mg (101.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.84%), Manganese: 0.96mg (47.92%), Magnesium: 98.48mg (24.62%), Phosphorus: 199.16mg (19.92%), Copper: 0.26mg (12.98%), Zinc: 1.31mg (8.71%), Iron: 1.53mg (8.48%), Fiber: 1.33g (5.32%), Vitamin B3: 0.82mg (4.11%), Potassium: 137.04mg (3.92%), Vitamin E: 0.45mg (3.02%), Vitamin B1: 0.04mg (2.99%), Folate: 9.56µg (2.39%), Selenium: 1.66µg (2.37%), Calcium: 23.18mg (2.32%), Vitamin A: 91.86IU (1.84%), Vitamin K: 1.75µg (1.66%), Vitamin B2: 0.03mg (1.6%), Vitamin B5: 0.13mg (1.27%), Vitamin B6: 0.03mg (1.27%)