

Pumpkin Seeds with Cinnamon and Salt



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



10

CALORIES



143 kcal

SIDE DISH

Ingredients



0.5 teaspoon ground cinnamon



4 cups pumpkin seeds



1 teaspoon salt

Equipment



baking sheet

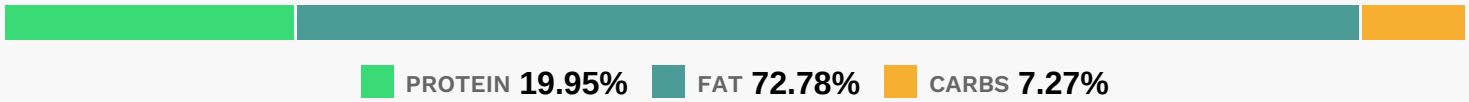


oven

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Grease a cookie sheet and spread the seeds out in an even layer. Lightly sprinkle with salt and cinnamon.
- ☐ Bake for about 5 minutes, then stir the seeds. Season with salt and cinnamon again. Continue baking, stirring occasionally, for about 20 minutes, or until seeds are toasted.

Nutrition Facts



Properties

Glycemic Index:1.5, Glycemic Load:0.12, Inflammation Score:-6, Nutrition Score:9.3813043534756%

Nutrients (% of daily need)

Calories: 143.35kcal (7.17%), Fat: 12.56g (19.32%), Saturated Fat: 2.22g (13.86%), Carbohydrates: 2.82g (0.94%), Net Carbohydrates: 1.23g (0.45%), Sugar: 0.36g (0.4%), Cholesterol: 0mg (0%), Sodium: 234.35mg (10.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.74g (15.49%), Manganese: 1.18mg (59.05%), Magnesium: 151.62mg (37.9%), Phosphorus: 315.71mg (31.57%), Copper: 0.34mg (17.22%), Zinc: 2mg (13.35%), Iron: 2.27mg (12.6%), Vitamin B3: 1.28mg (6.39%), Fiber: 1.59g (6.36%), Potassium: 207.58mg (5.93%), Vitamin B1: 0.07mg (4.66%), Vitamin E: 0.56mg (3.74%), Folate: 14.85µg (3.71%), Selenium: 2.41µg (3.44%), Vitamin B2: 0.04mg (2.31%), Vitamin B5: 0.19mg (1.92%), Vitamin B6: 0.04mg (1.84%), Vitamin K: 1.9µg (1.81%), Calcium: 12.92mg (1.29%)