



 5%
HEALTH SCORE

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

PROTEIN 19.95% **FAT 72.78%** **CARBS 7.27%**

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%)