



Roasted Brown-Butter Pecans with Rosemary

 Vegetarian  Gluten Free  Low Fod Map

READY IN



60 min.

SERVINGS



15

CALORIES



213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter
- 1 tablespoon rosemary fresh chopped
- 2 teaspoons kosher salt
- 4 cups pecan halves
- 15 servings garnish: rosemary leaves fresh
- 2 teaspoons sugar

Equipment

- frying pan

- baking sheet
- sauce pan
- oven

Directions

- Preheat oven to 350
- Cook butter in a medium saucepan over medium heat, stirring constantly, 3 to 5 minutes or just until butter begins to turn golden brown. Immediately remove pan from heat, and stir in pecans. Arrange pecans in a single layer on a baking sheet.
- Sprinkle with salt and sugar.
- Bake pecans at 350 for 10 to 12 minutes or until toasted and fragrant, stirring halfway through.
- Sprinkle with rosemary.
- Bake 2 more minutes. Cool completely on baking sheet (about 30 minutes). Store in an airtight container.

Nutrition Facts

■ PROTEIN **4.39%**
■ FAT **87.79%**
■ CARBS **7.82%**

Properties

Glycemic Index:8.67, Glycemic Load:0.49, Inflammation Score:-4, Nutrition Score:6.622608764664%

Flavonoids

Cyanidin: 2.84mg, Cyanidin: 2.84mg, Cyanidin: 2.84mg, Cyanidin: 2.84mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg Epigallocatechin: 1.49mg, Epigallocatechin: 1.49mg, Epigallocatechin: 1.49mg, Epigallocatechin: 1.49mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 213.09kcal (10.65%), Fat: 22.14g (34.07%), Saturated Fat: 3.61g (22.55%), Carbohydrates: 4.44g (1.48%), Net Carbohydrates: 1.74g (0.63%), Sugar: 1.58g (1.76%), Cholesterol: 8.13mg (2.71%), Sodium: 334.69mg (14.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.98%), Manganese: 1.2mg (59.99%), Copper: 0.32mg

(16.02%), Vitamin B1: 0.17mg (11.66%), Fiber: 2.69g (10.78%), Magnesium: 33.06mg (8.26%), Zinc: 1.21mg (8.07%), Phosphorus: 74.78mg (7.48%), Iron: 0.75mg (4.15%), Potassium: 116.79mg (3.34%), Vitamin E: 0.46mg (3.05%), Vitamin B6: 0.06mg (2.97%), Vitamin A: 142.47IU (2.85%), Vitamin B5: 0.24mg (2.41%), Calcium: 23.18mg (2.32%), Vitamin B2: 0.04mg (2.2%), Folate: 7.16µg (1.79%), Vitamin B3: 0.32mg (1.6%), Selenium: 1.04µg (1.49%), Vitamin K: 1.19µg (1.13%)