



Roasted Cinnamon Spice Pumpkin Seeds



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



112 kcal

SIDE DISH

Ingredients

- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger
- 1 teaspoon olive oil
- 1 cup pumpkin seeds raw
- 1 teaspoon salt
- 6 cups water boiling
- 1 tablespoon sugar white

Equipment

- baking sheet
- oven
- pot

Directions

- Combine water, pumpkin seeds, and salt together in a pot; bring to a boil, reduce heat to low, and simmer until seeds are tender, about 10 minutes. Strain seeds, discarding water, and lightly pat seeds dry with a towel.
- Preheat oven to 325 degrees F (165 degrees C). Lightly oil a baking sheet with olive oil.
- Spread pumpkin seeds out in a single layer on the prepared baking sheet.
- Sprinkle sugar, cinnamon, and ginger evenly over seeds.
- Bake in the preheated oven, stirring every ten minutes, until seeds are fragrant and roasted, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:2.18, Inflammation Score:-4, Nutrition Score:6.6586956595597%

Nutrients (% of daily need)

Calories: 111.9kcal (5.6%), Fat: 8.87g (13.65%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 5.28g (1.76%), Net Carbohydrates: 4.02g (1.46%), Sugar: 3.24g (3.6%), Cholesterol: 0mg (0%), Sodium: 600.4mg (26.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.76%), Manganese: 0.9mg (44.95%), Magnesium: 99.12mg (24.78%), Phosphorus: 198.02mg (19.8%), Copper: 0.28mg (13.76%), Zinc: 1.31mg (8.7%), Iron: 1.51mg (8.41%), Fiber: 1.26g (5.04%), Vitamin B3: 0.83mg (4.14%), Potassium: 135.09mg (3.86%), Vitamin E: 0.5mg (3.36%), Vitamin B1: 0.04mg (2.93%), Selenium: 1.68µg (2.4%), Calcium: 23.7mg (2.37%), Folate: 9.34µg (2.34%), Vitamin K: 1.93µg (1.84%), Vitamin B2: 0.03mg (1.51%), Vitamin B6: 0.03mg (1.26%), Vitamin B5: 0.12mg (1.23%)