



## Roasted Pumpkin Seeds



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



101 kcal

SIDE DISH

### Ingredients

- 2 teaspoons butter melted
- 1.5 cups pumpkin seeds raw whole
- 1 pinch salt

### Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 300 degrees F (150 degrees C).
- Toss seeds in a bowl with the melted butter and salt.
- Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir occasionally.

## Nutrition Facts

 **PROTEIN 17.79%**  **FAT 75.92%**  **CARBS 6.29%**

## Properties

Glycemic Index:10, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:5.8869565746383%

## Nutrients (% of daily need)

Calories: 101.39kcal (5.07%), Fat: 9.2g (14.15%), Saturated Fat: 2.24g (14.01%), Carbohydrates: 1.71g (0.57%), Net Carbohydrates: 0.75g (0.27%), Sugar: 0.22g (0.25%), Cholesterol: 3.58mg (1.19%), Sodium: 18.3mg (0.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.7%), Manganese: 0.73mg (36.34%), Magnesium: 94.75mg (23.69%), Phosphorus: 197.68mg (19.77%), Copper: 0.21mg (10.74%), Zinc: 1.25mg (8.34%), Iron: 1.41mg (7.84%), Vitamin B3: 0.8mg (3.99%), Fiber: 0.96g (3.84%), Potassium: 129.84mg (3.71%), Vitamin B1: 0.04mg (2.92%), Vitamin E: 0.39mg (2.58%), Folate: 9.33µg (2.33%), Selenium: 1.52µg (2.17%), Vitamin B2: 0.03mg (1.47%), Vitamin B5: 0.12mg (1.22%), Vitamin K: 1.28µg (1.22%), Vitamin B6: 0.02mg (1.15%)