



 6%
HEALTH SCORE

Santa Fe Snack Seeds

 Vegetarian  Gluten Free  Dairy Free

READY IN



18 min.

SERVINGS



32

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 2 tablespoons honey
- 0.3 cup olive oil
- 2 cups pumpkin seeds
- 0.3 cup sugar
- 2 cups sunflower seeds

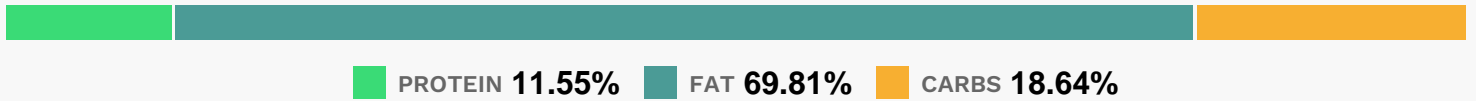
Equipment

- frying pan
- aluminum foil
- funnel

Directions

- Heat oil in a large nonstick skillet until hot; add cumin and chili powder. Cook over medium-high heat 30 seconds, stirring constantly.
- Add sugar and honey, and stir until sugar dissolves.
- Stir in pumpkin and sunflower seeds; cook, stirring constantly, 8 minutes or until seeds are toasted and mixture smells good.
- Carefully spoon seed mixture onto a big piece of lightly greased aluminum foil. Cool completely. Store seeds in an airtight container up to 2 weeks.
- Tip: Use a funnel to fill the jars with the seed mix.

Nutrition Facts



Properties

Glycemic Index:4.92, Glycemic Load:1.87, Inflammation Score:-3, Nutrition Score:5.5491304462371%

Nutrients (% of daily need)

Calories: 96.6kcal (4.83%), Fat: 7.99g (12.29%), Saturated Fat: 0.95g (5.97%), Carbohydrates: 4.8g (1.6%), Net Carbohydrates: 3.81g (1.38%), Sugar: 2.92g (3.24%), Cholesterol: 0mg (0%), Sodium: 2.27mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.95%), Vitamin E: 3.3mg (22.01%), Manganese: 0.35mg (17.46%), Magnesium: 51.25mg (12.81%), Phosphorus: 105.15mg (10.51%), Copper: 0.21mg (10.31%), Vitamin B1: 0.14mg (9.03%), Selenium: 4.85µg (6.93%), Vitamin B6: 0.12mg (6.01%), Folate: 21.38µg (5.35%), Zinc: 0.74mg (4.93%), Iron: 0.86mg (4.78%), Vitamin B3: 0.91mg (4.55%), Fiber: 0.99g (3.96%), Potassium: 89.45mg (2.56%), Vitamin B2: 0.04mg (2.2%), Vitamin K: 1.38µg (1.31%), Vitamin B5: 0.13mg (1.26%)