



Smoky Pecans



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



1183 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 2 pounds pecan halves
- ☐ 6 servings hickory wood chips
- ☐ 1 teaspoon salt

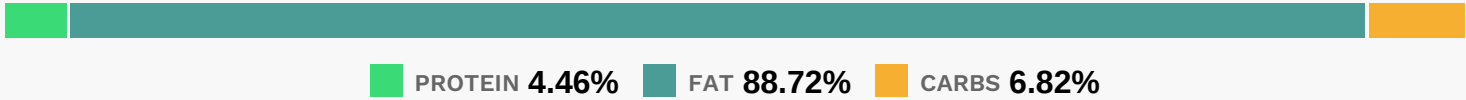
Equipment

- ☐ frying pan
- ☐ baking pan
- ☐ grill

Directions

- ☐ Soak wood chips in water for at least 30 minutes.
- ☐ Prepare charcoal fire in smoker; let burn 15 to 20 minutes.
- ☐ Drain chips, and place on coals.
- ☐ Place water pan in smoker; add water to depth of fill line.
- ☐ Stir together pecans, butter, and salt in a 24- x 12-inch pan.
- ☐ Place on upper food rack; cover with smoker lid.
- ☐ Cook 1 hour or until golden, stirring once after 30 minutes.
- ☐ NOTE: Use a baking pan that fits your grill if the 24X12 inch pan is too large.

Nutrition Facts



Properties

Glycemic Index:12.39, Glycemic Load:0.82, Inflammation Score:-8, Nutrition Score:26.432608524094%

Flavonoids

Cyanidin: 16.24mg, Cyanidin: 16.24mg, Cyanidin: 16.24mg, Cyanidin: 16.24mg Delphinidin: 11.01mg, Delphinidin: 11.01mg, Delphinidin: 11.01mg, Delphinidin: 11.01mg Catechin: 10.95mg, Catechin: 10.95mg, Catechin: 10.95mg, Catechin: 10.95mg Epigallocatechin: 8.51mg, Epigallocatechin: 8.51mg, Epigallocatechin: 8.51mg, Epigallocatechin: 8.51mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 3.48mg, Epigallocatechin 3-gallate: 3.48mg, Epigallocatechin 3-gallate: 3.48mg, Epigallocatechin 3-gallate: 3.48mg

Nutrients (% of daily need)

Calories: 1183.39kcal (59.17%), Fat: 124.24g (191.14%), Saturated Fat: 12.55g (78.43%), Carbohydrates: 21.49g (7.16%), Net Carbohydrates: 6.93g (2.52%), Sugar: 6g (6.67%), Cholesterol: 0mg (0%), Sodium: 570.86mg (24.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.06g (28.13%), Manganese: 6.81mg (340.36%), Copper: 1.82mg (90.75%), Vitamin B1: 1mg (66.7%), Fiber: 14.56g (58.24%), Magnesium: 183.71mg (45.93%), Zinc: 6.85mg (45.69%), Phosphorus: 423.94mg (42.39%), Iron: 3.84mg (21.34%), Potassium: 632.23mg (18.06%), Vitamin E: 2.7mg (18.02%), Vitamin B6: 0.32mg (16.05%), Vitamin A: 761.32IU (15.23%), Vitamin B5: 1.33mg (13.26%), Vitamin B2: 0.2mg (11.99%), Calcium: 111.84mg (11.18%), Vitamin B3: 1.8mg (8.98%), Folate: 33.67µg (8.42%), Selenium: 5.75µg (8.22%), Vitamin K: 5.29µg (5.04%), Vitamin C: 1.76mg (2.14%)