



Snackin' Pumpkin Seeds



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 2 cups pumpkin seeds
- ☐ 1.3 teaspoons salt
- ☐ 0.5 teaspoon worcestershire sauce

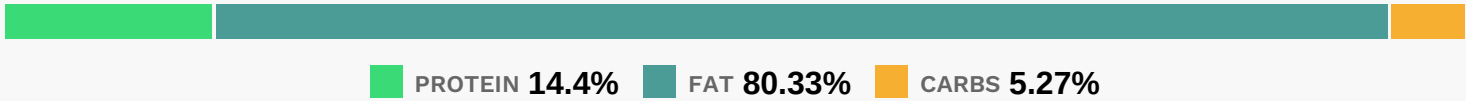
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐
- In an ungreased shallow baking pan, combine all ingredients; stir to mix.
- ☐
- Bake at 250 degrees for about 2 hours, stirring occasionally, until seeds are crisp, dry and golden. Cool completely; store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:6.0486955655658%

Nutrients (% of daily need)

Calories: 127.37kcal (6.37%), Fat: 12.11g (18.62%), Saturated Fat: 4.08g (25.52%), Carbohydrates: 1.79g (0.6%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.26g (0.29%), Cholesterol: 11.29mg (3.76%), Sodium: 403.11mg (17.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.76%), Manganese: 0.73mg (36.39%), Magnesium: 94.88mg (23.72%), Phosphorus: 198.76mg (19.88%), Copper: 0.22mg (10.8%), Zinc: 1.26mg (8.37%), Iron: 1.44mg (7.97%), Vitamin B3: 0.8mg (4.01%), Fiber: 0.96g (3.84%), Potassium: 133.77mg (3.82%), Vitamin E: 0.47mg (3.14%), Vitamin B1: 0.04mg (2.95%), Vitamin A: 134.05IU (2.68%), Folate: 9.47µg (2.37%), Selenium: 1.56µg (2.23%), Vitamin B2: 0.03mg (1.57%), Vitamin K: 1.54µg (1.47%), Vitamin B5: 0.13mg (1.26%), Vitamin B6: 0.02mg (1.15%)