



## Spiced Maple Pumpkin Seeds

 Vegetarian  Gluten Free  Low Fod Map

READY IN



50 min.

SERVINGS



8

CALORIES



155 kcal

SIDE DISH

### Ingredients

- 0.3 cup butter
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 2 tablespoons maple syrup
- 2 cups pumpkin seeds raw whole washed and dried

### Equipment

- frying pan
- baking sheet

baking paper

oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Line a large baking sheet with parchment paper.
- In a large skillet over medium-low heat, melt the butter, then stir in the seeds. Cook, stirring constantly, until the seeds turn slightly brown in color, about 10 minutes.
- Remove from heat.
- Drain off any excess butter, and stir in the cinnamon, nutmeg, and maple syrup until the seeds are thoroughly coated with spices.
- Spread the seeds out onto the prepared baking sheet.
- Bake in the preheated oven until crisp and golden brown, stirring every 10 minutes, for 30 to 45 total minutes of baking time.

## Nutrition Facts

 **PROTEIN 12.01%**  **FAT 74.98%**  **CARBS 13.01%**

## Properties

Glycemic Index:21.44, Glycemic Load:1.32, Inflammation Score:-5, Nutrition Score:6.7404347742381%

## Nutrients (% of daily need)

Calories: 154.75kcal (7.74%), Fat: 13.63g (20.96%), Saturated Fat: 5.05g (31.55%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 4.21g (1.53%), Sugar: 3.25g (3.61%), Cholesterol: 15.25mg (5.08%), Sodium: 47.22mg (2.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.82%), Manganese: 0.89mg (44.37%), Magnesium: 96.18mg (24.04%), Phosphorus: 199.28mg (19.93%), Copper: 0.22mg (10.82%), Zinc: 1.3mg (8.65%), Iron: 1.44mg (8%), Vitamin B2: 0.09mg (5.33%), Fiber: 1.11g (4.42%), Potassium: 143.69mg (4.11%), Vitamin B3: 0.81mg (4.05%), Vitamin A: 180.63IU (3.61%), Vitamin E: 0.52mg (3.46%), Vitamin B1: 0.05mg (3.17%), Folate: 9.56µg (2.39%), Selenium: 1.58µg (2.26%), Calcium: 17.13mg (1.71%), Vitamin K: 1.74µg (1.66%), Vitamin B5: 0.13mg (1.29%), Vitamin B6: 0.02mg (1.18%)