



Spiced Pecans

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons ancho chile powder
- 0.5 teaspoon pepper black
- 1 teaspoon ground cumin
- 2 tablespoons maple syrup
- 2 cups pecan halves
- 0.5 teaspoon salt
- 1 tablespoon worcestershire sauce

Equipment

- bowl
- frying pan
- baking paper
- oven

Directions

- Preheat oven to 37
- Combine maple syrup, Worcestershire, chile powder, cumin, salt, and pepper in a large bowl, stirring well.
- Add nuts to syrup mixture; toss well to coat. Arrange nuts in a single layer on a jelly-roll pan lined with parchment paper.
- Bake at 375 for 10 minutes or until lightly browned. Cool completely on pan.

Nutrition Facts

PROTEIN 4.75% **FAT 80.07%** **CARBS 15.18%**

Properties

Glycemic Index:5.22, Glycemic Load:0.68, Inflammation Score:-2, Nutrition Score:3.5308695059756%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

Nutrients (% of daily need)

Calories: 94.41kcal (4.72%), Fat: 8.98g (13.81%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 3.83g (1.28%), Net Carbohydrates: 2.52g (0.92%), Sugar: 2.12g (2.35%), Cholesterol: 0mg (0%), Sodium: 91.03mg (3.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.39%), Manganese: 0.63mg (31.55%), Copper: 0.16mg (7.75%), Vitamin B1: 0.09mg (5.7%), Fiber: 1.3g (5.22%), Magnesium: 16.58mg (4.14%), Zinc: 0.6mg (3.99%), Phosphorus: 36.39mg (3.64%), Vitamin B2: 0.05mg (3.06%), Iron: 0.5mg (2.81%), Potassium: 72.82mg (2.08%), Vitamin E: 0.27mg (1.83%), Vitamin A: 83.82IU (1.68%), Vitamin B6: 0.03mg (1.6%), Calcium: 14.84mg (1.48%), Vitamin B5: 0.11mg (1.1%)