



Spiced Pecans



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



20

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large egg whites
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1 teaspoon nutmeg
- ☐ 2.5 cups pecans
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 4.5 teaspoons water

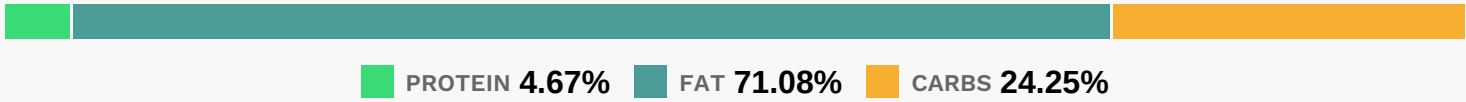
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 30
- ☐ Combine first 4 ingredients in a medium bowl, stirring well.
- ☐ Beat egg white and water with a mixer at medium speed until foamy. Gradually add sweetener mixture, 1 tablespoon at a time, beating until stiff peaks form; fold in pecan halves.
- ☐ Pour pecan mixture onto a jelly roll pan coated with cooking spray.
- ☐ Bake at 300 for 25 minutes, stirring every 10 minutes.
- ☐ Cool completely in pan. Store in an airtight container.
- ☐ carbo rating: 2

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:3.57, Inflammation Score:-1, Nutrition Score:3.1130434671498%

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: 106.51kcal (5.33%), Fat: 8.97g (13.8%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 5.59g (2.03%), Sugar: 5.52g (6.14%), Cholesterol: 0mg (0%), Sodium: 31.94mg (1.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.65%), Manganese: 0.59mg (29.32%), Copper: 0.15mg (7.55%), Vitamin B1: 0.08mg (5.47%), Fiber: 1.29g (5.15%), Magnesium: 15.44mg (3.86%), Zinc: 0.57mg (3.78%), Phosphorus: 34.84mg (3.48%), Iron: 0.33mg (1.85%), Potassium: 54.53mg (1.56%), Vitamin B2: 0.02mg (1.44%), Vitamin B6:

0.03mg (1.32%), Selenium: 0.84µg (1.2%), Vitamin E: 0.18mg (1.18%), Vitamin B5: 0.11mg (1.1%), Calcium: 10.57mg (1.06%)