



Spiced Pecans



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



10

CALORIES



355 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 egg white
- ☐ 0.3 tsp ground pepper
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 1 lb pecan halves
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar

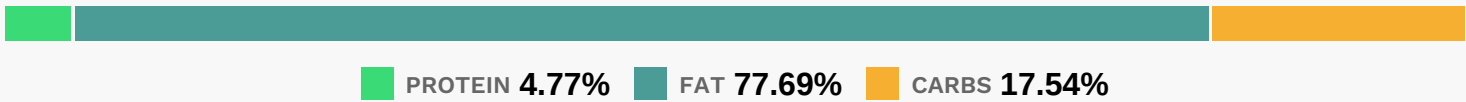
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Whisk egg white in a large bowl until foamy.
- ☐ Add pecans, and stir until evenly coated with egg white.
- ☐ Stir together sugar and next 4 ingredients until blended; sprinkle sugar mixture evenly over pecans; stir gently until pecans are evenly coated.
- ☐ Spread pecans in a single layer in a lightly greased aluminum foil-lined 15- x 10-inch jelly-roll pan.
- ☐ Bake at 350 for 18 to 20 minutes or until pecans are toasted and dry, stirring once after 10 minutes.
- ☐ Remove from oven, and let cool 30 minutes or until completely cool.
- ☐ Note: Store pecans in a zip-top plastic freezer bag at room temperature up to 3 days, or freeze up to 3 weeks.

Nutrition Facts



Properties

Glycemic Index:11.71, Glycemic Load:7.18, Inflammation Score:-3, Nutrition Score:10.928260823469%

Flavonoids

Cyanidin: 4.87mg, Cyanidin: 4.87mg, Cyanidin: 4.87mg, Cyanidin: 4.87mg Delphinidin: 3.3mg, Delphinidin: 3.3mg, Delphinidin: 3.3mg, Delphinidin: 3.3mg Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg Epigallocatechin: 2.55mg, Epigallocatechin: 2.55mg, Epigallocatechin: 2.55mg, Epigallocatechin: 2.55mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 1.04mg, Epigallocatechin 3-gallate: 1.04mg, Epigallocatechin 3-gallate: 1.04mg, Epigallocatechin 3-gallate: 1.04mg

Nutrients (% of daily need)

Calories: 354.8kcal (17.74%), Fat: 32.71g (50.33%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 16.62g (5.54%), Net Carbohydrates: 12.12g (4.41%), Sugar: 11.82g (13.13%), Cholesterol: 0mg (0%), Sodium: 63.3mg (2.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.04%), Manganese: 2.14mg (107.22%), Copper: 0.55mg (27.38%), Vitamin B1: 0.3mg (19.98%), Fiber: 4.5g (18%), Magnesium: 55.83mg (13.96%), Zinc: 2.07mg (13.79%), Phosphorus: 126.69mg (12.67%), Iron: 1.22mg (6.75%), Potassium: 195.48mg (5.59%), Vitamin B6: 0.1mg (4.9%), Vitamin B2: 0.07mg (4.4%), Vitamin E: 0.65mg (4.35%), Vitamin B5: 0.4mg (3.99%), Selenium: 2.51µg (3.58%), Calcium: 34.4mg (3.44%), Vitamin B3: 0.56mg (2.8%), Folate: 10.18µg (2.55%), Vitamin K: 1.69µg (1.61%)