



WHATSheATE



Spiced Pumpkin Seed and Cashew Crunch



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



86 kcal

SIDE DISH

Ingredients



1 teaspoon agave nectar light (nectar)



0.1 teaspoon ground pepper



0.5 teaspoon curry powder



1 large egg whites



0.5 teaspoon kosher salt



0.3 cup pumpkin seeds shelled (pepitas)



0.3 cup cashew pieces raw coarsely chopped



0.3 cup sunflower seeds shelled

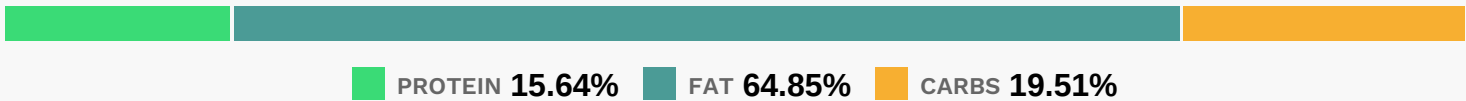
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 300°F. Coat a rimmed bakingsheet with nonstick spray.
- ☐ Whisk egg white,agave, garam masala, salt, and cayennein a medium bowl.
- ☐ Add nuts and seeds andtoss to coat. Using a slotted spoon, transfermixture to baking sheet, letting excess eggdrip back into bowl.
- ☐ Bake, tossing once, untilmixture is golden brown, 20–25 minutes.
- ☐ Let cool on baking sheet.
- ☐ DO AHEAD: Crunch can be made 5 daysahead. Store airtight at room temperature.
- ☐ Per serving: 120 calories, 9 g fat, 1 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:17.87, Glycemic Load:0.7, Inflammation Score:-3, Nutrition Score:5.2739130239124%

Nutrients (% of daily need)

Calories: 85.94kcal (4.3%), Fat: 6.59g (10.13%), Saturated Fat: 0.9g (5.64%), Carbohydrates: 4.46g (1.49%), Net Carbohydrates: 3.57g (1.3%), Sugar: 1.68g (1.87%), Cholesterol: 0mg (0%), Sodium: 204.42mg (8.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.15%), Manganese: 0.33mg (16.41%), Vitamin E: 2.14mg (14.24%), Copper: 0.26mg (12.87%), Magnesium: 50.74mg (12.69%), Phosphorus: 103.15mg (10.31%), Selenium: 5.44µg (7.77%), Vitamin B1: 0.12mg (7.7%), Vitamin B6: 0.11mg (5.42%), Zinc: 0.81mg (5.39%), Iron: 0.95mg (5.26%), Folate:

16.59µg (4.15%), Fiber: 0.89g (3.55%), Vitamin B3: 0.68mg (3.41%), Vitamin B2: 0.05mg (3.22%), Potassium: 105.54mg (3.02%), Vitamin K: 2.6µg (2.48%), Vitamin B5: 0.14mg (1.4%)