



Spiced Pumpkin Seeds

 **Gluten Free**  **Dairy Free**

READY IN



70 min.

SERVINGS



8

CALORIES



109 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon garlic salt
- 1.5 tablespoons butter melted
- 2 cups pumpkin seeds raw whole
- 0.5 teaspoon salt
- 2 teaspoons worcestershire sauce

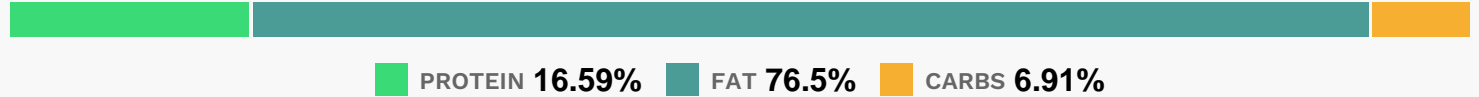
Equipment

- oven
- baking pan

Directions

- Preheat oven to 275 degrees F (135 degrees C).
- Combine the margarine, salt, garlic salt, Worcestershire sauce and pumpkin seeds.
- Mix thoroughly and place in shallow baking dish.
- Bake for 1 hour, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:6.0265216739929%

Nutrients (% of daily need)

Calories: 109.47kcal (5.47%), Fat: 9.96g (15.32%), Saturated Fat: 1.82g (11.4%), Carbohydrates: 2.03g (0.68%), Net Carbohydrates: 1.07g (0.39%), Sugar: 0.37g (0.42%), Cholesterol: 0mg (0%), Sodium: 227.05mg (9.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.72%), Manganese: 0.73mg (36.37%), Magnesium: 95mg (23.75%), Phosphorus: 198.78mg (19.88%), Copper: 0.22mg (10.9%), Zinc: 1.25mg (8.35%), Iron: 1.49mg (8.29%), Potassium: 142.58mg (4.07%), Vitamin B3: 0.81mg (4.05%), Fiber: 0.96g (3.84%), Vitamin B1: 0.05mg (3%), Vitamin E: 0.43mg (2.88%), Folate: 9.43µg (2.36%), Selenium: 1.51µg (2.16%), Vitamin A: 97.64IU (1.95%), Vitamin B2: 0.03mg (1.61%), Vitamin B5: 0.12mg (1.22%), Vitamin B6: 0.02mg (1.16%), Vitamin K: 1.18µg (1.13%)