



food
network

Spicy Pepitas

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



93 kcal

SIDE DISH

Ingredients

- 1 teaspoon pepper black freshly ground
- 1 teaspoon ground pepper
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 2 teaspoons juice of lime
- 2 cups pumpkin seeds raw green hulled (pumpkin seeds)

Equipment

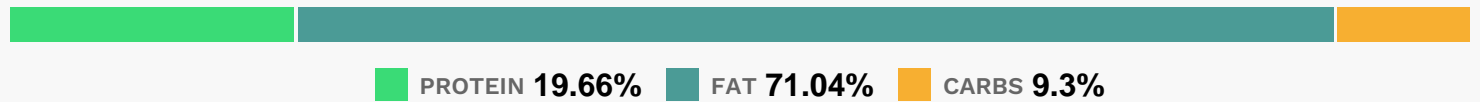
- bowl

- frying pan
- baking sheet
- oven

Directions

- Preheat the oven to 375 degrees. Toss all of the ingredients together in a bowl.
- Spread on a baking sheet and bake 5 minutes, or until lightly browned, shaking the pan once or twice.
- Serve.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:0.13, Inflammation Score:-5, Nutrition Score:6.5160870241082%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 92.82kcal (4.64%), Fat: 7.99g (12.29%), Saturated Fat: 1.41g (8.79%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 1.15g (0.42%), Sugar: 0.3g (0.33%), Cholesterol: 0mg (0%), Sodium: 5.79mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.95%), Manganese: 0.78mg (38.83%), Magnesium: 96.92mg (24.23%), Phosphorus: 200.58mg (20.06%), Copper: 0.22mg (11.21%), Iron: 1.67mg (9.25%), Zinc: 1.28mg (8.55%), Fiber: 1.21g (4.84%), Vitamin B3: 0.86mg (4.32%), Potassium: 148.6mg (4.25%), Vitamin A: 185.88IU (3.72%), Vitamin E: 0.53mg (3.55%), Vitamin B1: 0.05mg (3.15%), Folate: 9.81µg (2.45%), Selenium: 1.6µg (2.29%), Vitamin K: 2.06µg (1.97%), Vitamin B6: 0.04mg (1.83%), Vitamin B2: 0.03mg (1.8%), Vitamin B5: 0.13mg (1.27%), Calcium: 12.16mg (1.22%), Vitamin C: 0.89mg (1.08%)