



Spicy Roasted Pumpkin Seeds



Vegetarian



Gluten Free

READY IN



140 min.

SERVINGS



3

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 0.5 teaspoon garlic powder
- ☐ 3 cups pumpkin seeds
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon lawry's seasoned salt

Equipment

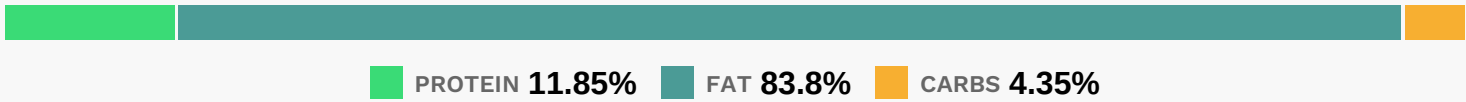
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat the oven to 300 degrees F (150 degrees C).
- ☐ In a medium bowl, mix together the pumpkin seeds, butter, garlic powder, salt and seasoned salt until the pumpkin seeds are evenly coated.
- ☐ Spread in an even layer on a cookie sheet.
- ☐ Bake for 1 hour and 15 minutes, stirring every 10 to 15 minutes until toasted. Cool completely on the baking sheet, then transfer to a serving dish.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:0.33, Inflammation Score:-9, Nutrition Score:22.876086810361%

Nutrients (% of daily need)

Calories: 630.68kcal (31.53%), Fat: 62.08g (95.51%), Saturated Fat: 24.99g (156.18%), Carbohydrates: 7.24g (2.41%), Net Carbohydrates: 3.36g (1.22%), Sugar: 0.93g (1.03%), Cholesterol: 81.34mg (27.11%), Sodium: 3348.69mg (145.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.75g (39.5%), Manganese: 2.92mg (146.02%), Magnesium: 380.1mg (95.03%), Phosphorus: 800.27mg (80.03%), Copper: 0.86mg (43.23%), Zinc: 5.06mg (33.7%), Iron: 5.71mg (31.71%), Vitamin A: 955.7IU (19.11%), Vitamin B3: 3.21mg (16.06%), Fiber: 3.88g (15.54%), Potassium: 533.44mg (15.24%), Vitamin E: 2.28mg (15.18%), Vitamin B1: 0.18mg (11.92%), Folate: 38.49µg (9.62%), Selenium: 6.52µg (9.32%), Vitamin K: 7.32µg (6.97%), Vitamin B2: 0.11mg (6.56%), Vitamin B5: 0.53mg (5.25%), Vitamin B6: 0.1mg (5.05%), Calcium: 40.83mg (4.08%), Vitamin C: 1.22mg (1.48%), Vitamin B12: 0.06µg (1.07%)