



Spicy Toasted Pecans



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



10

CALORIES



226 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon kosher salt to taste
- ☐ 10 oz pecan halves
- ☐ 0.5 teaspoon tabasco
- ☐ 3 tablespoons butter unsalted
- ☐ 0.5 teaspoon worcestershire sauce

Equipment

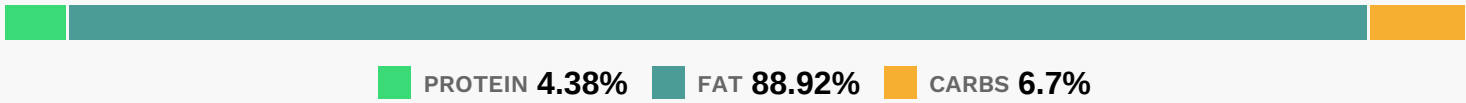
- ☐ frying pan
- ☐ sauce pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Put oven rack in middle position and preheat oven to 375°F.
- ☐ Melt butter in a 2-quart saucepan over moderate heat, then stir in Worcestershire sauce, Tabasco, pepper, and salt.
- ☐ Remove pan from heat and add pecans, tossing to coat well.
- ☐ Spread in 1 layer in a shallow baking pan and bake until fragrant and a shade darker, 8 to 10 minutes.
- ☐ Serve warm or at room temperature.
- ☐ Pecans can be baked 1 day ahead and cooled completely, then kept in an airtight container at cool room temperature.

Nutrition Facts



Properties

Glycemic Index:4.2, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:6.9769564513927%

Flavonoids

Cyanidin: 3.04mg, Cyanidin: 3.04mg, Cyanidin: 3.04mg, Cyanidin: 3.04mg Delphinidin: 2.06mg, Delphinidin: 2.06mg, Delphinidin: 2.06mg, Delphinidin: 2.06mg Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg

Nutrients (% of daily need)

Calories: 226.39kcal (11.32%), Fat: 23.82g (36.65%), Saturated Fat: 3.91g (24.44%), Carbohydrates: 4.04g (1.35%), Net Carbohydrates: 1.3g (0.47%), Sugar: 1.16g (1.29%), Cholesterol: 9.03mg (3.01%), Sodium: 67.79mg (2.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.28%), Manganese: 1.28mg (64.13%), Copper: 0.34mg (17.11%), Vitamin B1: 0.19mg (12.51%), Fiber: 2.73g (10.94%), Magnesium: 34.52mg (8.63%), Zinc: 1.29mg (8.6%), Phosphorus: 79.82mg (7.98%), Iron: 0.74mg (4.11%), Potassium: 120.61mg (3.45%), Vitamin E: 0.5mg (3.3%), Vitamin B6: 0.06mg (3.01%), Vitamin B5: 0.25mg (2.5%), Vitamin A: 121.67IU (2.43%), Vitamin B2: 0.04mg (2.29%), Calcium:

21.45mg (2.14%), Vitamin B3: 0.34mg (1.68%), Folate: 6.41µg (1.6%), Selenium: 1.12µg (1.6%), Vitamin K: 1.38µg (1.31%)