



Sugar-and-Spice Pecans



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



15

CALORIES



229 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 egg whites
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 1 tablespoon orange zest
- ☐ 4 cups pecans
- ☐ 0.5 cup sugar

Equipment

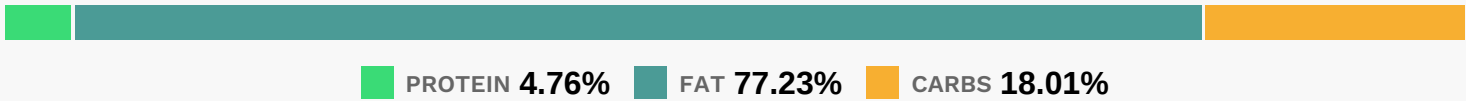
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Whisk egg white in a large bowl until foamy.
- ☐ Add pecans, and stir until evenly coated.
- ☐ Stir together sugar and next 3 ingredients in a small bowl until blended.
- ☐ Sprinkle sugar mixture over pecans; stir gently until pecans are evenly coated.
- ☐ Spread pecans in a single layer in a lightly greased aluminum foil-lined 15- x 10-inch jelly-roll pan.
- ☐ Bake at 350 for 24 to 26 minutes or until pecans are toasted and dry, stirring once after 10 minutes.
- ☐ Remove from oven, and let cool until completely cool (about 30 minutes).
- ☐ Note: To make ahead, prepare pecans as directed. Store in a zip-top plastic freezer bag at room temperature up to 3 days, or freeze up to 3 weeks.

Nutrition Facts



Properties

Glycemic Index:5.67, Glycemic Load:4.78, Inflammation Score:-2, Nutrition Score:7.2413041914773%

Flavonoids

Cyanidin: 3.12mg, Cyanidin: 3.12mg, Cyanidin: 3.12mg, Cyanidin: 3.12mg Delphinidin: 2.12mg, Delphinidin: 2.12mg, Delphinidin: 2.12mg, Delphinidin: 2.12mg Catechin: 2.1mg, Catechin: 2.1mg, Catechin: 2.1mg, Catechin: 2.1mg Epigallocatechin: 1.64mg, Epigallocatechin: 1.64mg, Epigallocatechin: 1.64mg, Epigallocatechin: 1.64mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epigallocatechin 3-gallate: 0.67mg, Epigallocatechin 3-gallate: 0.67mg, Epigallocatechin 3-gallate: 0.67mg, Epigallocatechin 3-gallate: 0.67mg

Nutrients (% of daily need)

Calories: 228.72kcal (11.44%), Fat: 20.96g (32.25%), Saturated Fat: 1.8g (11.25%), Carbohydrates: 11g (3.67%), Net Carbohydrates: 8.08g (2.94%), Sugar: 7.83g (8.7%), Cholesterol: 0mg (0%), Sodium: 3.45mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.81%), Manganese: 1.38mg (68.81%), Copper: 0.35mg (17.56%), Vitamin B1: 0.19mg (12.83%), Fiber: 2.92g (11.69%), Magnesium: 35.84mg (8.96%), Zinc: 1.33mg (8.84%), Phosphorus: 81.21mg (8.12%), Iron: 0.78mg (4.34%), Potassium: 125.75mg (3.59%), Vitamin B6: 0.06mg (3.14%), Vitamin B2: 0.05mg (2.85%), Vitamin E: 0.41mg (2.74%), Vitamin B5: 0.26mg (2.58%), Selenium: 1.63µg (2.32%), Calcium: 22.69mg (2.27%), Vitamin B3: 0.36mg (1.8%), Folate: 6.62µg (1.65%), Vitamin C: 0.87mg (1.05%), Vitamin K: 1.06µg (1.01%)