



Sugar Coated Pecans



Vegetarian



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



1307 kcal

SIDE DISH

Ingredients

- ☐ 1 egg white
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 pound pecan halves
- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon water
- ☐ 1 cup sugar white

Equipment

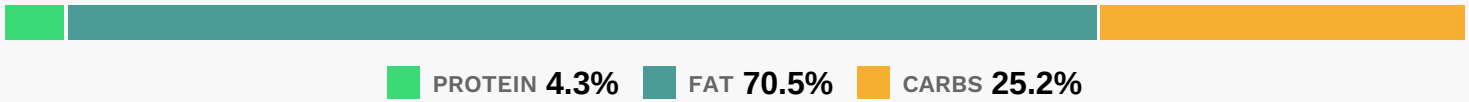
- ☐ baking sheet

- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 250 degrees F (120 degrees C). Grease one baking sheet.
- ☐ In a mixing bowl, whip together the egg white and water until frothy. In a separate bowl, mix together sugar, salt, and cinnamon.
- ☐ Add pecans to egg whites, stir to coat the nuts evenly.
- ☐ Remove the nuts, and toss them in the sugar mixture until coated.
- ☐ Spread the nuts out on the prepared baking sheet.
- ☐ Bake at 250 degrees F (120 degrees C) for 1 hour. Stir every 15 minutes.

Nutrition Facts



Properties

Glycemic Index:28.36, Glycemic Load:47.2, Inflammation Score:-7, Nutrition Score:25.987826063581%

Flavonoids

Cyanidin: 16.24mg, Cyanidin: 16.24mg, Cyanidin: 16.24mg, Cyanidin: 16.24mg Delphinidin: 11.01mg, Delphinidin: 11.01mg, Delphinidin: 11.01mg, Delphinidin: 11.01mg Catechin: 10.95mg, Catechin: 10.95mg, Catechin: 10.95mg, Catechin: 10.95mg Epigallocatechin: 8.51mg, Epigallocatechin: 8.51mg, Epigallocatechin: 8.51mg, Epigallocatechin: 8.51mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 3.48mg, Epigallocatechin 3-gallate: 3.48mg, Epigallocatechin 3-gallate: 3.48mg, Epigallocatechin 3-gallate: 3.48mg

Nutrients (% of daily need)

Calories: 1307.46kcal (65.37%), Fat: 109.1g (167.84%), Saturated Fat: 9.35g (58.41%), Carbohydrates: 87.76g (29.25%), Net Carbohydrates: 73.07g (26.57%), Sugar: 72.61g (80.68%), Cholesterol: 0mg (0%), Sodium: 598.92mg (26.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.97g (29.94%), Manganese: 6.87mg (343.37%), Copper: 1.82mg (91.19%), Vitamin B1: 1mg (66.56%), Fiber: 14.69g (58.77%), Magnesium: 184.31mg (46.08%), Zinc: 6.87mg (45.78%), Phosphorus: 420.53mg (42.05%), Iron: 3.9mg (21.66%), Potassium: 639.1mg (18.26%), Vitamin B6: 0.32mg (15.93%), Vitamin B2: 0.25mg (14.9%), Vitamin E: 2.12mg (14.16%), Vitamin B5: 1.33mg (13.25%), Selenium: 8.16µg (11.65%), Calcium: 111.05mg (11.11%), Vitamin B3: 1.78mg (8.92%), Folate: 33.68µg (8.42%), Vitamin K: 5.4µg (5.14%), Vitamin C: 1.68mg (2.03%), Vitamin A: 85.65IU (1.71%)