



Sugared Curried Pecans



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



811 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons curry powder
- ☐ 1 egg white
- ☐ 5 cups pecan halves
- ☐ 1 tablespoon salt
- ☐ 0.8 cup sugar

Equipment

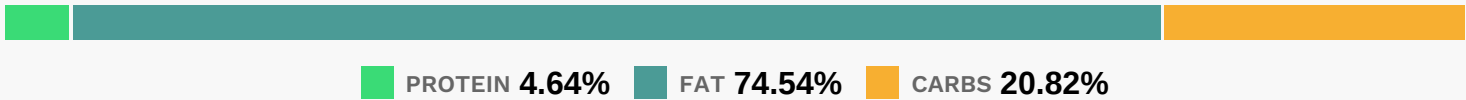
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 250 F. Arrange the pecans on a cookie sheet and toast, stirring occasionally, until fragrant, about 10 minutes. Meanwhile, in a large bowl, whisk the egg white and 1 teaspoon water until frothy. Stir in the pecans and sprinkle with the sugar, curry powder, and salt.
- ☐ Mix well. Lightly coat the cookie sheet with vegetable cooking spray.
- ☐ Spread the pecans in a single layer on the sheet.
- ☐ Bake 1 hour or until the pecans are dry, stirring once or twice.
- ☐ Store at room temperature in an air-tight container for up to 1 month or in the freezer for up to 4 months. Crisp the frozenpecans on a cookie sheet in a 250 F oven for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:17.02, Glycemic Load:21.4, Inflammation Score:-6, Nutrition Score:19.486956610628%

Flavonoids

Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg

Nutrients (% of daily need)

Calories: 810.51kcal (40.53%), Fat: 71.72g (110.33%), Saturated Fat: 6.17g (38.57%), Carbohydrates: 45.08g (15.03%), Net Carbohydrates: 34.78g (12.65%), Sugar: 33.98g (37.75%), Cholesterol: 0mg (0%), Sodium: 1406.8mg (61.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.04g (20.07%), Manganese: 4.56mg (228.17%), Copper: 1.21mg (60.61%), Vitamin B1: 0.66mg (43.98%), Fiber: 10.3g (41.2%), Magnesium: 126.58mg (31.65%), Zinc: 4.59mg (30.6%), Phosphorus: 283.51mg (28.35%), Iron: 3.25mg (18.04%), Potassium: 453.6mg (12.96%), Vitamin E: 1.91mg (12.76%), Vitamin B6: 0.24mg (11.79%), Vitamin B2: 0.17mg (9.85%), Vitamin B5: 0.87mg (8.66%), Calcium: 82.36mg (8.24%),

Selenium: 5.56µg (7.94%), Folate: 25.72µg (6.43%), Vitamin B3: 1.25mg (6.24%), Vitamin K: 5.86µg (5.58%), Vitamin C: 1.36mg (1.65%), Vitamin A: 79.1IU (1.58%)