



Super Tasty Pumpkin Seeds

 Gluten Free

READY IN



195 min.

SERVINGS



6

CALORIES



157 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 1 teaspoon garlic powder
- ☐ 2 cups pumpkin seeds raw whole
- ☐ 2 teaspoons salt
- ☐ 1 tablespoon worcestershire sauce

Equipment

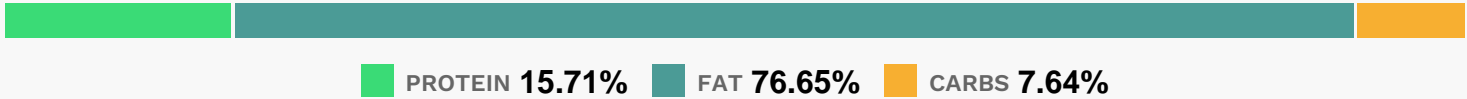
- ☐ bowl
- ☐ baking sheet

- ☐ paper towels
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Clean pumpkin seeds of any pumpkin pulp and rinse. Fill a bowl with lightly salted water and soak the pumpkin seeds for 2 hours.
- ☐ Preheat oven to 300 degrees F (150 degrees C). Line a baking sheet with nonstick aluminum foil (such as Reynolds®).
- ☐ Drain seeds and pat dry with paper towels.
- ☐ Mix melted butter, Worcestershire sauce, salt, and garlic powder in a bowl, and toss the seeds in the seasoned butter mixture until coated.
- ☐ Spread seeds out onto the prepared baking sheet in a single layer.
- ☐ Bake in the preheated oven until seeds are crunchy and golden brown, about 1 hour; stir and turn seeds every 15 minutes.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:0.12, Inflammation Score:-5, Nutrition Score:8.2004348272863%

Nutrients (% of daily need)

Calories: 156.55kcal (7.83%), Fat: 14.25g (21.93%), Saturated Fat: 4.25g (26.54%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 1.87g (0.68%), Sugar: 0.6g (0.66%), Cholesterol: 10.03mg (3.34%), Sodium: 843.79mg (36.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.14%), Manganese: 0.98mg (48.8%), Magnesium: 127.16mg (31.79%), Phosphorus: 267.93mg (26.79%), Copper: 0.3mg (14.77%), Iron: 2.07mg (11.49%), Zinc: 1.69mg (11.28%), Potassium: 202.5mg (5.79%), Vitamin B3: 1.09mg (5.45%), Fiber: 1.33g (5.3%), Vitamin B1: 0.06mg (4.18%), Vitamin E: 0.58mg (3.86%), Folate: 12.98µg (3.24%), Selenium: 2.19µg (3.13%), Vitamin A: 122.27IU (2.45%), Vitamin B2: 0.04mg (2.27%), Vitamin B6: 0.04mg (1.95%), Vitamin K: 1.91µg (1.82%), Vitamin B5: 0.17mg (1.69%), Calcium: 14.84mg (1.48%)