



## Sweet and Spiced Pecans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



274 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup agave nectar dark
- 0.3 teaspoon ground allspice
- 1 teaspoon kosher salt
- 2 cups pecans
- 2 teaspoons pepper black
- 2 tablespoons sugar

### Equipment

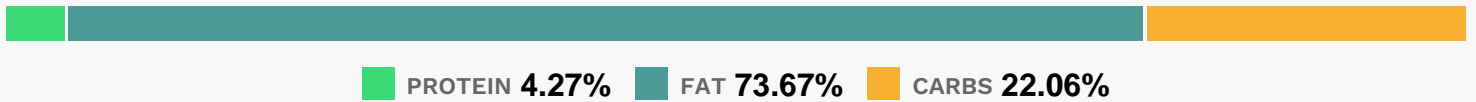
- bowl

- baking paper
- oven
- baking pan

## Directions

- Preheat the oven to 350 degrees F.
- In a medium bowl, stir together the agave, pepper, salt, allspice and sugar.
- Add the pecans, tossing to coat well.
- Spread the pecans in a shallow baking pan and bake in the middle of the oven 15 to 18 minutes. Stir and bake 7 minutes more.
- Transfer to a sheet of parchment paper and let cool. When cool enough to handle, break apart the pecans.
- What Makes This Recipe Really Sing: The sweetness of the agave and the strong pepper taste makes this a perfect cocktail nut. These also freeze beautifully. Make a double batch and when people just pop over you have a hidden treasure in the freezer for them.

## Nutrition Facts



## Properties

Glycemic Index:23.68, Glycemic Load:4.07, Inflammation Score:-3, Nutrition Score:8.6147824344428%

## Flavonoids

Cyanidin: 3.54mg, Cyanidin: 3.54mg, Cyanidin: 3.54mg, Cyanidin: 3.54mg Delphinidin: 2.4mg, Delphinidin: 2.4mg, Delphinidin: 2.4mg, Delphinidin: 2.4mg Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg

## Nutrients (% of daily need)

Calories: 273.74kcal (13.69%), Fat: 23.84g (36.68%), Saturated Fat: 2.05g (12.82%), Carbohydrates: 16.06g (5.35%), Net Carbohydrates: 12.69g (4.61%), Sugar: 11.54g (12.82%), Cholesterol: 0mg (0%), Sodium: 388.18mg (16.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.22%), Manganese: 1.57mg (78.7%), Copper: 0.41mg (20.34%), Vitamin B1: 0.23mg (15.32%), Fiber: 3.37g (13.49%), Magnesium: 41.28mg (10.32%), Zinc: 1.51mg (10.04%),

Phosphorus: 92.65mg (9.26%), Iron: 0.92mg (5.11%), Vitamin B6: 0.09mg (4.64%), Potassium: 145.56mg (4.16%),  
Vitamin K: 4.31µg (4.1%), Vitamin E: 0.56mg (3.73%), Vitamin B2: 0.06mg (3.53%), Vitamin B5: 0.29mg (2.94%),  
Calcium: 26.98mg (2.7%), Folate: 10.15µg (2.54%), Vitamin C: 1.95mg (2.37%), Vitamin B3: 0.46mg (2.3%), Selenium:  
1.47µg (2.1%)