



Sweet-and-Spicy Pecans



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



248 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon chili powder
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 cup pecan halves
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 1 cup warm water

Equipment

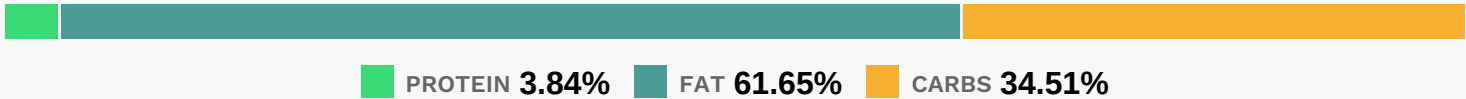
- ☐ baking sheet

☐ oven

Directions

- ☐ Stir together 1/4 cup sugar and warm water until sugar dissolves.
- ☐ Add pecans, and soak 10 minutes.
- ☐ Drain, discarding syrup.
- ☐ Combine 2 tablespoons sugar, chili powder, and red pepper.
- ☐ Add pecans, tossing to coat.
- ☐ Place pecans on a lightly greased baking sheet.
- ☐ Bake at 350 for 10 minutes or until golden brown, stirring once.

Nutrition Facts



Properties

Glycemic Index:45.55, Glycemic Load:13.03, Inflammation Score:-5, Nutrition Score:7.5499999795271%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg

Nutrients (% of daily need)

Calories: 248.09kcal (12.4%), Fat: 18.18g (27.96%), Saturated Fat: 1.58g (9.88%), Carbohydrates: 22.9g (7.63%), Net Carbohydrates: 19.81g (7.2%), Sugar: 19.6g (21.77%), Cholesterol: 0mg (0%), Sodium: 35.96mg (1.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.09%), Manganese: 1.15mg (57.49%), Copper: 0.33mg (16.4%), Vitamin A: 632.87IU (12.66%), Fiber: 3.09g (12.36%), Vitamin B1: 0.17mg (11.24%), Magnesium: 33.61mg (8.4%), Zinc: 1.22mg (8.11%), Vitamin E: 1.13mg (7.52%), Phosphorus: 74.74mg (7.47%), Iron: 0.99mg (5.48%), Vitamin B6: 0.1mg (4.77%), Potassium: 142.1mg (4.06%), Vitamin B2: 0.06mg (3.24%), Vitamin K: 3.03µg (2.89%), Vitamin B3: 0.53mg (2.64%), Calcium: 25.98mg (2.6%), Vitamin B5: 0.23mg (2.31%), Selenium: 1.47µg (2.09%), Folate: 6.07µg (1.52%)