



## Sweet and Spicy Pumpkin Seeds

 **Gluten Free**  **Low Fod Map**

READY IN



**55 min.**

SERVINGS



**8**

CALORIES



**122 kcal**

**SIDE DISH**

### Ingredients

- 1 tablespoon brown sugar
- 2 tablespoons butter melted
- 2 drops pepper sauce hot
- 2 cups pumpkin seeds dried rinsed
- 1 teaspoon salt
- 1 tablespoon worcestershire sauce

### Equipment

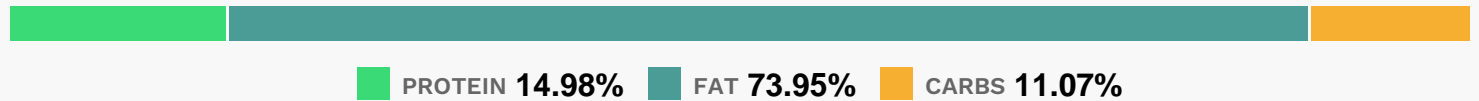
- bowl

- oven
- baking pan
- aluminum foil

## Directions

- Preheat oven to 300 degrees F (150 degrees C). Line a baking pan with aluminum foil.
- Stir together the pumpkin seeds and butter in a bowl.
- Add the salt, Worcestershire sauce, brown sugar, and hot pepper sauce; stir.
- Spread the seeds in a single layer on the baking pan.
- Bake in preheated oven until crispy, about 45 minutes.

## Nutrition Facts



## Properties

Glycemic Index:7.5, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:6.1073913020284%

## Nutrients (% of daily need)

Calories: 121.9kcal (6.09%), Fat: 10.69g (16.44%), Saturated Fat: 3.18g (19.9%), Carbohydrates: 3.6g (1.2%), Net Carbohydrates: 2.64g (0.96%), Sugar: 1.9g (2.11%), Cholesterol: 7.53mg (2.51%), Sodium: 348.96mg (15.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.74%), Manganese: 0.73mg (36.44%), Magnesium: 95.22mg (23.81%), Phosphorus: 199.48mg (19.95%), Copper: 0.22mg (11.01%), Iron: 1.54mg (8.55%), Zinc: 1.26mg (8.39%), Potassium: 149.7mg (4.28%), Vitamin B3: 0.82mg (4.08%), Fiber: 0.96g (3.84%), Vitamin B1: 0.05mg (3.03%), Vitamin E: 0.43mg (2.88%), Folate: 9.59µg (2.4%), Selenium: 1.57µg (2.24%), Vitamin A: 92.11IU (1.84%), Vitamin B2: 0.03mg (1.68%), Vitamin K: 1.44µg (1.37%), Vitamin B5: 0.13mg (1.26%), Vitamin B6: 0.02mg (1.2%), Calcium: 11.92mg (1.19%)