




Sweet and Spicy Pumpkin Seeds


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

READY IN




55 min.

SERVINGS



8

CALORIES



128 kcal

SIDE DISH

Ingredients

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

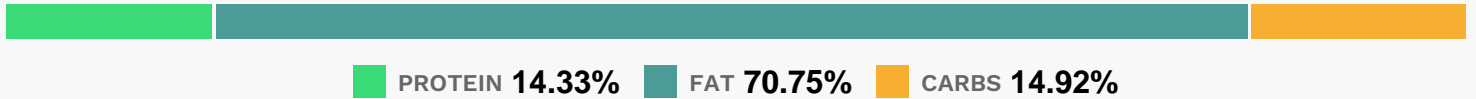
Equipment

- 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:6.1260869830199%

Nutrients (% of daily need)

Calories: 127.6kcal (6.38%), Fat: 10.69g (16.44%), Saturated Fat: 3.18g (19.9%), Carbohydrates: 5.07g (1.69%), Net Carbohydrates: 4.11g (1.49%), Sugar: 3.35g (3.72%), Cholesterol: 7.53mg (2.51%), Sodium: 349.38mg (15.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.74%), Manganese: 0.73mg (36.48%), Magnesium: 95.36mg (23.84%), Phosphorus: 199.54mg (19.95%), Copper: 0.22mg (11.04%), Iron: 1.55mg (8.61%), Zinc: 1.26mg (8.39%), Potassium: 151.69mg (4.33%), Vitamin B3: 0.82mg (4.09%), Fiber: 0.96g (3.84%), Vitamin B1: 0.05mg (3.03%), Vitamin E: 0.43mg (2.88%), Folate: 9.6µg (2.4%), Selenium: 1.59µg (2.27%), Vitamin A: 92.11IU (1.84%), Vitamin B2: 0.03mg (1.68%), Vitamin K: 1.44µg (1.37%), Calcium: 13.16mg (1.32%), Vitamin B5: 0.13mg (1.28%), Vitamin B6: 0.02mg (1.23%)