



Sweet and Spicy Pumpkinseeds



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



33 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 0.5 teaspoon chipotle chile powder
- ☐ 1 cup pumpkinseed kernels unsalted
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 Dash ground pepper red
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 teaspoon sugar

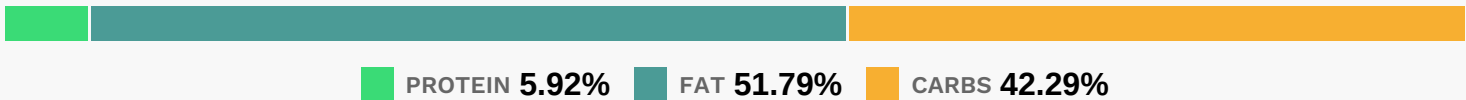
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels

Directions

- ☐ Place 1 cup pumpkinseeds in a large skillet over medium heat. Cook for 4 minutes or until toasted, stirring constantly (seeds will pop slightly).
- ☐ Combine canola oil and remaining ingredients in a large bowl; add seeds, tossing to coat. Arrange seeds in a single layer on a paper towel-lined baking sheet. Cool 10 minutes.

Nutrition Facts



Properties

Glycemic Index:14.01, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:0.82304348375486%

Nutrients (% of daily need)

Calories: 32.81kcal (1.64%), Fat: 2.05g (3.15%), Saturated Fat: 0.19g (1.16%), Carbohydrates: 3.76g (1.25%), Net Carbohydrates: 3.21g (1.17%), Sugar: 1.54g (1.71%), Cholesterol: 0mg (0%), Sodium: 115.19mg (5.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.05%), Vitamin E: 0.33mg (2.23%), Fiber: 0.55g (2.19%), Manganese: 0.04mg (1.95%), Folate: 7.61µg (1.9%), Vitamin K: 1.28µg (1.22%), Vitamin B2: 0.02mg (1.11%), Vitamin B3: 0.21mg (1.06%), Phosphorus: 10.13mg (1.01%)