



Sweet and Spicy Roasted Pecans



Vegetarian



Gluten Free



Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



224 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon ground pepper
- ☐ 2 teaspoons chili powder
- ☐ 1 teaspoon cinnamon
- ☐ 1 teaspoon cumin
- ☐ 0.5 teaspoon ground ginger
- ☐ 2 tablespoons brown sugar light packed
- ☐ 2 cups pecans shelled
- ☐ 1 teaspoon salt

☐ 3 tablespoons butter unsalted melted

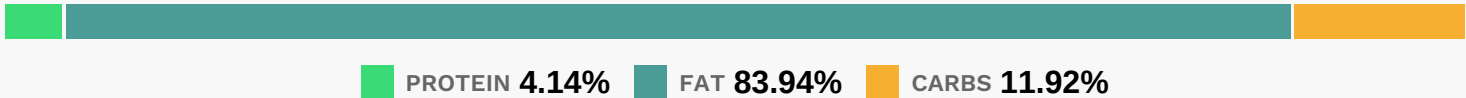
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400F.
- ☐ Spread pecans on baking sheet in a single layer. Roast for 10 minutes, shaking pan occasionally, until nuts are fragrant and light golden brown.
- ☐ While nuts are roasting, combine cinnamon, chili powder, cumin, cayenne, ginger and salt in a small bowl.
- ☐ Remove nuts from oven and place in a bowl. Toss with melted butter, brown sugar and spice mix while nuts are still hot, combining evenly.
- ☐ Let cool and serve.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.13, Inflammation Score:-4, Nutrition Score:7.0360870063305%

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: 223.85kcal (11.19%), Fat: 22.24g (34.21%), Saturated Fat: 4.25g (26.57%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 4.35g (1.58%), Sugar: 3.96g (4.4%), Cholesterol: 11.29mg (3.76%), Sodium: 300.82mg (13.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.93%), Manganese: 1.22mg (61.06%), Copper: 0.31mg (15.43%), Vitamin B1: 0.17mg (11.13%), Fiber: 2.76g (11.04%), Magnesium: 32.6mg (8.15%), Zinc: 1.17mg (7.82%), Phosphorus: 73.42mg (7.34%), Vitamin A: 349.27IU (6.99%), Iron: 0.96mg (5.33%), Vitamin E: 0.71mg (4.74%), Potassium: 126.25mg (3.61%), Vitamin B6: 0.07mg (3.46%), Calcium: 28.07mg (2.81%), Vitamin B2: 0.04mg (2.41%), Vitamin B5: 0.23mg (2.29%), Vitamin B3: 0.39mg (1.95%), Vitamin K: 1.96µg (1.86%), Selenium: 1.23µg (1.76%), Folate: 5.96µg (1.49%)