



Sweet Coated Pecans

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



70 min.

SERVINGS



8

CALORIES



491 kcal

SIDE DISH

Ingredients

- 1 egg white
- 1 teaspoon ground cinnamon
- 1 pound pecan halves
- 0.8 teaspoon salt
- 1 cup sugar
- 2 tablespoons water

Equipment

- bowl

baking sheet

oven

Directions

Preheat oven to 250 degrees F (120 degrees C). Lightly butter a baking sheet.

In a bowl, beat the egg white until foamy.

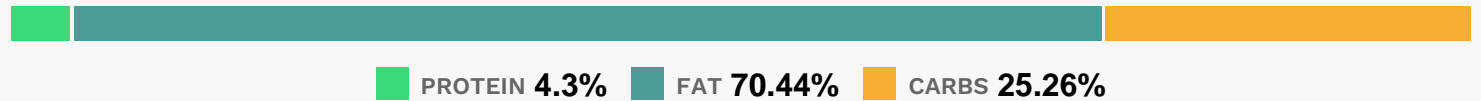
Mix in cinnamon, sugar, salt, and water.

Mix well. Stir in pecan halves, stirring until well coated.

Spread on baking sheet.

Bake in preheated oven for 1 hour, stirring every 15 minutes.

Nutrition Facts



Properties

Glycemic Index:10.64, Glycemic Load:17.7, Inflammation Score:-4, Nutrition Score:12.490869467511%

Flavonoids

Cyanidin: 6.09mg, Cyanidin: 6.09mg, Cyanidin: 6.09mg, Cyanidin: 6.09mg Delphinidin: 4.13mg, Delphinidin: 4.13mg, Delphinidin: 4.13mg, Delphinidin: 4.13mg Catechin: 4.11mg, Catechin: 4.11mg, Catechin: 4.11mg, Catechin: 4.11mg Epigallocatechin: 3.19mg, Epigallocatechin: 3.19mg, Epigallocatechin: 3.19mg, Epigallocatechin: 3.19mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Epigallocatechin 3-gallate: 1.3mg, Epigallocatechin 3-gallate: 1.3mg, Epigallocatechin 3-gallate: 1.3mg, Epigallocatechin 3-gallate: 1.3mg

Nutrients (% of daily need)

Calories: 490.61kcal (24.53%), Fat: 40.91g (62.94%), Saturated Fat: 3.5g (21.91%), Carbohydrates: 33.01g (11%), Net Carbohydrates: 27.43g (9.98%), Sugar: 27.23g (30.26%), Cholesterol: 0mg (0%), Sodium: 224.7mg (9.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.24%), Manganese: 2.6mg (129.85%), Copper: 0.68mg (34.23%), Vitamin B1: 0.37mg (24.96%), Fiber: 5.58g (22.3%), Magnesium: 69.21mg (17.3%), Zinc: 2.58mg (17.18%), Phosphorus: 157.78mg (15.78%), Iron: 1.47mg (8.18%), Potassium: 240.2mg (6.86%), Vitamin B6: 0.12mg (5.98%), Vitamin B2: 0.09mg (5.59%), Vitamin E: 0.8mg (5.33%), Vitamin B5: 0.5mg (4.97%), Selenium: 3.06µg (4.38%), Calcium: 42.95mg (4.3%), Vitamin B3: 0.67mg (3.35%), Folate: 12.64µg (3.16%), Vitamin K: 2.06µg (1.96%)