



Sweet-Hot Spiced Pecans



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon cayenne
- ☐ 1 large egg white
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground coriander
- ☐ 2 cups pecan halves
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar

☐ 2 teaspoons vegetable oil

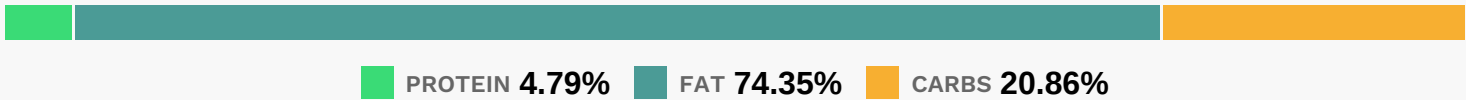
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ spatula

Directions

- ☐ In a bowl, mix 1/3 cup sugar, 3/4 teaspoon cayenne, 1/2 teaspoon salt, 1/2 teaspoon ground coriander, 1/4 teaspoon ground cinnamon, and 1/8 teaspoon ground allspice.
- ☐ Whisk in 1 large egg white and 2 teaspoons vegetable oil. Stir in 2 cups pecan halves.
- ☐ Spread nuts in a single layer in an oiled nonstick 10- by 15-inch baking pan.
- ☐ Bake in a 300 regular or convection oven, stirring occasionally, until nuts are crisp and lightly browned, 20 to 25 minutes.
- ☐ Let cool about 5 minutes, then use a wide spatula to loosen nuts from pan; cool completely.
- ☐ Serve or store airtight at room temperature up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:16.51, Glycemic Load:5.94, Inflammation Score:-2, Nutrition Score:6.3830434911601%

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: 216.4kcal (10.82%), Fat: 19.04g (29.29%), Saturated Fat: 1.71g (10.68%), Carbohydrates: 12.02g (4.01%), Net Carbohydrates: 9.5g (3.45%), Sugar: 9.35g (10.39%), Cholesterol: 0mg (0%), Sodium: 152.4mg (6.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Manganese: 1.13mg (56.64%), Copper: 0.3mg (15.05%), Vitamin B1: 0.16mg (10.96%), Fiber: 2.52g (10.08%), Magnesium: 31.18mg (7.8%), Zinc: 1.14mg (7.57%), Phosphorus: 70.31mg (7.03%), Iron: 0.68mg (3.76%), Vitamin E: 0.5mg (3.31%), Potassium: 114.35mg (3.27%), Vitamin B2: 0.05mg (3.18%), Vitamin K: 3.11µg (2.96%), Vitamin B6: 0.06mg (2.85%), Selenium: 1.87µg (2.67%), Vitamin B5: 0.22mg (2.22%), Calcium: 19.78mg (1.98%), Vitamin A: 92.23IU (1.84%), Vitamin B3: 0.31mg (1.57%), Folate: 5.82µg (1.46%)