



Sweet Spicy Pumpkin Seeds



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



75 min.

SERVINGS



4

CALORIES



132 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon chili powder
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 tablespoon olive oil
- ☐ 1 cup pumpkin seeds raw whole cleaned
- ☐ 1 tablespoon sugar white

Equipment

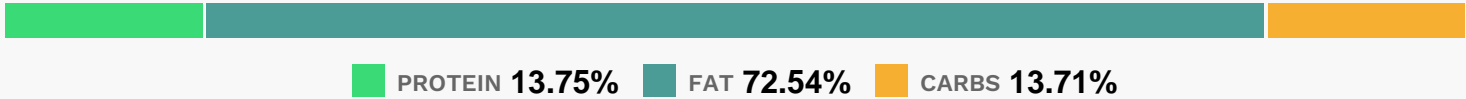
- ☐ bowl
- ☐ baking sheet

- ☐ sauce pan
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 250 degrees F (120 degrees C).
- ☐ Place the pumpkin seeds on a cookie sheet, and spread them out into a single layer. Roast until brown and crisp, about 45 minutes. Set the seeds aside in a large bowl.
- ☐ Place the cinnamon, chili powder, and 1 teaspoon of sugar in a bowl, and set aside.
- ☐ Place olive oil and 1 tablespoon of sugar in a heavy saucepan over medium-low heat, and heat and stir with a wooden spoon until the sugar turns a light golden brown color. Watch it carefully to avoid burning.
- ☐ Pour the caramelized sugar mixture over the roasted pumpkin seeds, and stir to coat.
- ☐ Pour the cinnamon-chili powder mixture over the seeds, and toss to coat the seeds with the spices.

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:2.17, Inflammation Score:-4, Nutrition Score:6.1891305109729%

Nutrients (% of daily need)

Calories: 132.41kcal (6.62%), Fat: 11.37g (17.49%), Saturated Fat: 1.87g (11.69%), Carbohydrates: 4.83g (1.61%), Net Carbohydrates: 3.79g (1.38%), Sugar: 3.23g (3.58%), Cholesterol: 0mg (0%), Sodium: 2.26mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.7%), Manganese: 0.75mg (37.49%), Magnesium: 94.89mg (23.72%), Phosphorus: 197.55mg (19.75%), Copper: 0.22mg (10.81%), Zinc: 1.25mg (8.37%), Iron: 1.45mg (8.08%), Vitamin E: 0.88mg (5.86%), Fiber: 1.05g (4.19%), Vitamin B3: 0.81mg (4.03%), Potassium: 131.29mg (3.75%), Vitamin K: 3.38µg (3.22%), Vitamin B1: 0.04mg (2.92%), Folate: 9.31µg (2.33%), Selenium: 1.54µg (2.2%), Vitamin B2: 0.03mg (1.51%), Vitamin B6: 0.02mg (1.22%), Vitamin B5: 0.12mg (1.21%)