



Sweet Vanilla Cinnamon Pumpkin Seeds



Vegetarian



Gluten Free



Low Fod Map

READY IN



75 min.

SERVINGS



12

CALORIES



122 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 1 tablespoon ground cinnamon divided
- ☐ 3 cups pumpkin seeds dried rinsed
- ☐ 0.5 teaspoon vanilla extract
- ☐ 3.5 teaspoons tsp vanilla sugar divided
- ☐ 0.5 teaspoon sugar white

Equipment

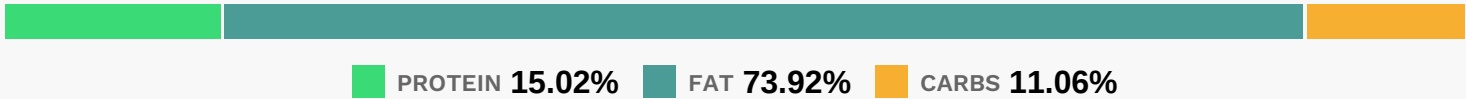
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 275 degrees F (135 degrees C).
- ☐ Place seeds in a mixing bowl.
- ☐ Pour melted butter over seeds; stir to coat.
- ☐ Combine 1 teaspoon vanilla sugar (see Cook's Note), 1 teaspoon cinnamon, and 1/2 teaspoon white sugar in a small bowl; mix well. Stir in vanilla extract.
- ☐ Spread sugar mixture over seeds, stirring to coat evenly.
- ☐ Spread seeds over a baking sheet in a single layer.
- ☐ Combine 1 teaspoon vanilla sugar and 1 teaspoon cinnamon in a small bowl; sprinkle over seeds.
- ☐ Bake seeds in the preheated oven for 30 minutes.
- ☐ Remove baking sheet from oven, stir seeds, and spread evenly on baking sheet again.
- ☐ Combine 1 teaspoon vanilla sugar and 1 teaspoon cinnamon in small bowl and sprinkle over seeds. Return seeds to oven for 30 more minutes.
- ☐ Remove seeds from oven.
- ☐ Sprinkle remaining 1/2 teaspoon vanilla sugar over seeds, and return to oven for 5 minutes.
- ☐ Remove from oven, pour into a serving bowl, and serve warm.

Nutrition Facts



Properties

Glycemic Index:17.1, Glycemic Load:1.02, Inflammation Score:-4, Nutrition Score:6.361304257551%

Nutrients (% of daily need)

Calories: 121.79kcal (6.09%), Fat: 10.7g (16.46%), Saturated Fat: 3.19g (19.92%), Carbohydrates: 3.6g (1.2%), Net Carbohydrates: 2.29g (0.83%), Sugar: 1.59g (1.77%), Cholesterol: 7.53mg (2.51%), Sodium: 23.72mg (1.03%), Alcohol:

0.06g (100%), Alcohol %: 0.34% (100%), Protein: 4.89g (9.79%), Manganese: 0.84mg (42.19%), Magnesium: 95.21mg (23.8%), Phosphorus: 198.56mg (19.86%), Copper: 0.22mg (10.87%), Zinc: 1.27mg (8.44%), Iron: 1.47mg (8.16%), Fiber: 1.31g (5.26%), Vitamin B3: 0.81mg (4.04%), Potassium: 133.43mg (3.81%), Vitamin E: 0.45mg (2.97%), Vitamin B1: 0.04mg (2.93%), Folate: 9.43µg (2.36%), Selenium: 1.57µg (2.24%), Vitamin A: 91.99IU (1.84%), Vitamin B2: 0.03mg (1.55%), Vitamin K: 1.62µg (1.54%), Calcium: 14.91mg (1.49%), Vitamin B5: 0.13mg (1.26%), Vitamin B6: 0.02mg (1.2%)