



## The Best Roasted Pecans

 Vegetarian  Gluten Free  Low Fod Map

READY IN



60 min.

SERVINGS



10

CALORIES



571 kcal

SIDE DISH

### Ingredients

- 1 egg white
- 1.3 teaspoons ground cinnamon
- 0.3 cup brown sugar light
- 1.5 pounds pecan halves
- 2 tablespoons butter unsalted softened
- 0.8 cup sugar white

### Equipment

- bowl

- frying pan
- oven
- whisk
- mixing bowl

## Directions

- Preheat an oven to 300 degrees F (150 degrees C).
- Beat egg whites until foamy in a large glass or metal mixing bowl until soft peaks form. Lift your beater or whisk straight up: the egg whites will form soft mounds rather than a sharp peak.
- Mix the pecan halves into the egg white.
- Stir the white sugar, brown sugar, and cinnamon together in a bowl; add to the pecan and egg white mixture and stir.
- Coat the bottom of a jelly roll pan with the softened butter.
- Spread the pecan mixture in an even layer in the prepared pan.
- Bake in the preheated oven until crisp, turning occasionally, 45 to 60 minutes.

## Nutrition Facts



**PROTEIN 4.34%** **FAT 75.92%** **CARBS 19.74%**

## Properties

Glycemic Index:8.51, Glycemic Load:10.77, Inflammation Score:-5, Nutrition Score:14.223912999358%

## Flavonoids

Cyanidin: 7.31mg, Cyanidin: 7.31mg, Cyanidin: 7.31mg, Cyanidin: 7.31mg Delphinidin: 4.95mg, Delphinidin: 4.95mg, Delphinidin: 4.95mg, Delphinidin: 4.95mg Catechin: 4.93mg, Catechin: 4.93mg, Catechin: 4.93mg, Catechin: 4.93mg Epigallocatechin: 3.83mg, Epigallocatechin: 3.83mg, Epigallocatechin: 3.83mg, Epigallocatechin: 3.83mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 1.56mg, Epigallocatechin 3-gallate: 1.56mg, Epigallocatechin 3-gallate: 1.56mg, Epigallocatechin 3-gallate: 1.56mg

## Nutrients (% of daily need)

Calories: 571.05kcal (28.55%), Fat: 51.32g (78.95%), Saturated Fat: 5.64g (35.27%), Carbohydrates: 30.02g (10.01%), Net Carbohydrates: 23.35g (8.49%), Sugar: 23.03g (25.59%), Cholesterol: 6.02mg (2.01%), Sodium: 7mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.61g (13.21%), Manganese: 3.11mg (155.5%), Copper:

0.82mg (41.1%), Vitamin B1: 0.45mg (29.96%), Fiber: 6.66g (26.66%), Magnesium: 83.36mg (20.84%), Zinc: 3.09mg (20.62%), Phosphorus: 189.97mg (19%), Iron: 1.79mg (9.95%), Potassium: 293.21mg (8.38%), Vitamin B6: 0.15mg (7.29%), Vitamin E: 1.02mg (6.82%), Vitamin B2: 0.11mg (6.21%), Vitamin B5: 0.6mg (6.04%), Calcium: 55.73mg (5.57%), Selenium: 3.38µg (4.82%), Vitamin B3: 0.81mg (4.05%), Folate: 15.24µg (3.81%), Vitamin K: 2.66µg (2.53%), Vitamin A: 108.81IU (2.18%)