



Toasted Pumpkin Seeds

 Vegetarian  Gluten Free  Low Fod Map

READY IN



40 min.

SERVINGS



3

CALORIES



391 kcal

Ingredients

- 1 tablespoon butter
- 3 cups pumpkin seeds raw whole
- 1 teaspoon salt
- 2 tablespoons water

Equipment

- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Clean and dry pumpkin seeds so there is no goo or strings.
- Melt butter onto a cookie sheet.
- Spread pumpkin seeds evenly over the buttered sheet and sprinkle with salt and water.
- Bake in the preheated oven for 10 to 15 minutes, shaking the pan every 4 minutes to ensure even baking.

Nutrition Facts

 **PROTEIN 18.4%**  **FAT 75.1%**  **CARBS 6.5%**

Properties

Glycemic Index:20, Glycemic Load:0.3, Inflammation Score:-9, Nutrition Score:21.511738803076%

Nutrients (% of daily need)

Calories: 391.22kcal (19.56%), Fat: 35.18g (54.12%), Saturated Fat: 7.94g (49.63%), Carbohydrates: 6.86g (2.29%), Net Carbohydrates: 3.02g (1.1%), Sugar: 0.9g (1%), Cholesterol: 10.03mg (3.34%), Sodium: 810.15mg (35.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.39g (38.77%), Manganese: 2.91mg (145.48%), Magnesium: 379.09mg (94.77%), Phosphorus: 790.24mg (79.02%), Copper: 0.86mg (43.09%), Zinc: 5.01mg (33.37%), Iron: 5.65mg (31.4%), Vitamin B3: 3.19mg (15.97%), Fiber: 3.84g (15.36%), Potassium: 519.04mg (14.83%), Vitamin B1: 0.17mg (11.66%), Vitamin E: 1.5mg (10.02%), Folate: 37.26µg (9.31%), Selenium: 6.06µg (8.66%), Vitamin B2: 0.1mg (5.85%), Vitamin B5: 0.49mg (4.85%), Vitamin K: 5µg (4.76%), Vitamin B6: 0.09mg (4.58%), Calcium: 31.34mg (3.13%), Vitamin A: 126.86IU (2.54%), Vitamin C: 1.22mg (1.47%)