



Toasted Pumpkin Seeds



Gluten Free



Popular



Low Fod Map

READY IN



70 min.

SERVINGS



8

CALORIES



109 kcal

Ingredients

- ☐ 1.5 tablespoons butter melted
- ☐ 2 cups pumpkin seeds raw
- ☐ 1.3 teaspoons lawry's seasoned salt
- ☐ 1.5 teaspoons worcestershire sauce

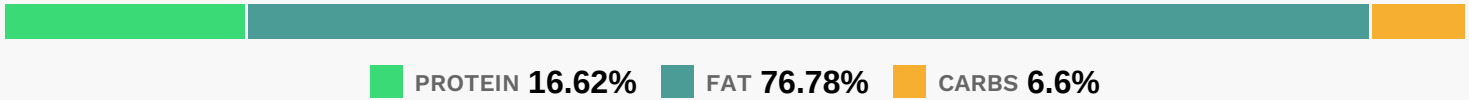
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 250 degrees F (120 degrees C).
- ☐ Rinse the pumpkin seeds and pat dry.
- ☐ Place them in a bowl.
- ☐ Add the Worcestershire sauce, melted butter and seasoned salt; stir until evenly coated.
- ☐ Spread out in an even layer on a baking sheet.
- ☐ Bake for about 1 hour in the preheated oven, stirring occasionally, until crisp, dry and golden brown.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:5.9882608266628%

Nutrients (% of daily need)

Calories: 109.13kcal (5.46%), Fat: 9.98g (15.35%), Saturated Fat: 2.73g (17.09%), Carbohydrates: 1.93g (0.64%), Net Carbohydrates: 0.97g (0.35%), Sugar: 0.34g (0.38%), Cholesterol: 5.64mg (1.88%), Sodium: 395.98mg (17.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.72%), Manganese: 0.73mg (36.39%), Magnesium: 94.93mg (23.73%), Phosphorus: 198.59mg (19.86%), Copper: 0.22mg (10.87%), Zinc: 1.25mg (8.37%), Iron: 1.47mg (8.19%), Vitamin B3: 0.81mg (4.03%), Potassium: 139.15mg (3.98%), Fiber: 0.96g (3.84%), Vitamin B1: 0.04mg (2.97%), Vitamin E: 0.41mg (2.74%), Folate: 9.45µg (2.36%), Selenium: 1.54µg (2.2%), Vitamin B2: 0.03mg (1.58%), Vitamin A: 69.05IU (1.38%), Vitamin K: 1.36µg (1.3%), Vitamin B5: 0.12mg (1.23%), Vitamin B6: 0.02mg (1.15%)