



Toasted Pumpkin Seeds Teriyaki Cajun Style

 Gluten Free

READY IN



545 min.

SERVINGS



8

CALORIES



119 kcal

Ingredients

- 2 tablespoons butter melted
- 1 tablespoon cajun spice
- 0.5 teaspoon chili powder
- 0.5 teaspoon garlic powder
- 0.5 teaspoon paprika
- 2 cups pumpkin seeds raw whole
- 0.5 teaspoon lawry's seasoned salt
- 0.8 teaspoon teriyaki sauce to taste

Equipment

- bowl
- baking sheet
- oven

Directions

- Spread pumpkin seeds in a single layer on a baking sheet lined with waxed paper; set aside in a cool, dry place and allow to dry overnight, turning seeds a time or two during several hours of drying.
- Preheat oven to 300 degrees F (150 degrees C).
- Mix melted butter, Cajun seasoning, garlic powder, paprika, chili powder, seasoned salt, and teriyaki sauce in a bowl; toss the pumpkin seeds in the seasoned butter to coat. Set seasoned pumpkin seeds aside for 5 minutes to absorb flavors.
- Spread seeds onto a baking sheet.
- Bake in the preheated oven until seeds are browned and fragrant, 45 minutes to 1 hour; stir after 30 minutes.
- Remove and let cool until seeds stop making a popping noise; sprinkle with salt if desired.

Nutrition Facts

■ PROTEIN 15.89% ■ FAT 76.21% ■ CARBS 7.9%

Properties

Glycemic Index:11.88, Glycemic Load:0.11, Inflammation Score:-6, Nutrition Score:7.0308695607211%

Nutrients (% of daily need)

Calories: 118.74kcal (5.94%), Fat: 10.83g (16.67%), Saturated Fat: 3.21g (20.06%), Carbohydrates: 2.53g (0.84%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.41g (0.45%), Cholesterol: 7.53mg (2.51%), Sodium: 189.51mg (8.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.17%), Manganese: 0.75mg (37.36%), Magnesium: 97.19mg (24.3%), Phosphorus: 203.12mg (20.31%), Vitamin A: 619.63IU (12.39%), Copper: 0.22mg (11.24%), Iron: 1.66mg (9.25%), Zinc: 1.31mg (8.72%), Fiber: 1.37g (5.48%), Vitamin E: 0.77mg (5.13%), Vitamin B3: 0.92mg (4.61%), Potassium: 158.82mg (4.54%), Vitamin B1: 0.05mg (3.23%), Vitamin B6: 0.05mg (2.53%), Folate: 10.04µg (2.51%), Selenium: 1.68µg (2.4%), Vitamin B2: 0.04mg (2.34%), Vitamin K: 2.35µg (2.24%), Vitamin B5: 0.15mg (1.52%), Calcium: 11.26mg (1.13%)