



Toasted Pumpkin Seeds with Sugar and Spice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



190 kcal

Ingredients

- 0.5 teaspoon pumpkin pie spice
- 1 cup pumpkin seeds dried raw rinsed
- 0.3 teaspoon salt
- 1 tablespoon vegetable oil
- 6 tablespoons sugar white divided

Equipment

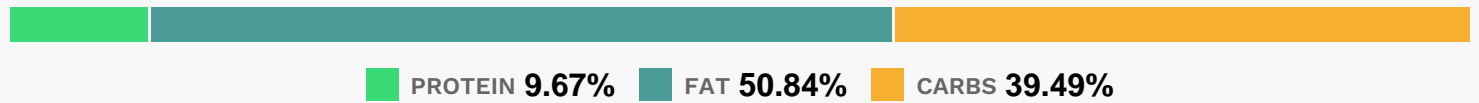
- bowl
- frying pan
- baking sheet

- oven
- wooden spoon

Directions

- Preheat the oven to 250 degrees F (120 degrees C).
- Spread pumpkin seeds in a single layer on a baking sheet. Toast for 45 minutes, stirring occasionally, until dry and toasted. Larger seeds may take longer.
- In a large bowl, stir together 2 tablespoons of white sugar, salt, and pumpkin pie spice. Set aside.
- Heat the oil in a large skillet over medium-high heat.
- Add the pumpkin seeds and sprinkle the remaining sugar over them. Stir with a wooden spoon until the sugar melts, about 45 seconds.
- Pour seeds into the bowl with the spiced sugar and stir until coated. Allow to cool before serving. Store in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:20.02, Glycemic Load:12.64, Inflammation Score:-4, Nutrition Score:6.3273913884616%

Nutrients (% of daily need)

Calories: 189.65kcal (9.48%), Fat: 11.34g (17.44%), Saturated Fat: 1.92g (12%), Carbohydrates: 19.81g (6.6%), Net Carbohydrates: 18.82g (6.84%), Sugar: 18.21g (20.23%), Cholesterol: 0mg (0%), Sodium: 146.77mg (6.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.7%), Manganese: 0.77mg (38.38%), Magnesium: 95.06mg (23.77%), Phosphorus: 197.57mg (19.76%), Copper: 0.22mg (10.87%), Zinc: 1.26mg (8.38%), Iron: 1.47mg (8.17%), Vitamin K: 7.49µg (7.13%), Vitamin E: 0.63mg (4.21%), Vitamin B3: 0.8mg (4.02%), Fiber: 1g (3.99%), Potassium: 131.49mg (3.76%), Vitamin B1: 0.04mg (2.93%), Folate: 9.34µg (2.34%), Selenium: 1.64µg (2.34%), Vitamin B2: 0.03mg (1.66%), Vitamin B5: 0.12mg (1.2%), Vitamin B6: 0.02mg (1.19%)