

Hot and Sweet Pecans

Ingredients:

- 1 teaspoon olive oil or coconut oil
- 1 cup raw pecan halves
- 1 tablespoon pure honey, maple, or birch syrup
- 1/8 teaspoon cinnamon
- 1/4 teaspoon sea salt
- 1/8 teaspoon ground cayenne pepper

Directions:

1. Preheat oven to 325°F.
2. Grease roasting pan or cookie sheet with the oil.
3. In a medium bowl, combine remaining ingredients.
4. Spread pecans evenly over pan. Bake for 15 minutes, stirring every 5 minutes. Remove pan from oven and transfer nuts to a platter or plate and allow them to cool for 30 minutes before serving.

Nutrition Facts	
Serving Size 1/4 Cup (34g)	
Servings Per Container 4	
Amount Per Serving	
Calories 210	Calories from Fat 190
% Daily Value*	
Total Fat 21g	32%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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Source: <http://www.aicr.org>

