

Slow Cooker Spiced Pecans

Ingredients:

- 1 pound pecan halves
- 1/2 cup butter, melted
- 1/2 cup stevia
- 2 teaspoons cinnamon
- 1/2 teaspoon allspice

Directions:

1. Line slow cooker with foil. Place the pecans on the bottom.
2. Drizzle with the melted butter and stir until every pecan is coated.
3. Add the stevia and spices, and stir thoroughly.
4. Set the slow cooker on low and let it cook for 3 hours, uncovered, and stirring occasionally.
5. Place parchment paper on jelly roll pan, spread nuts evenly on pan, and let cool.
6. Enjoy! Store in airtight container or Ziploc bags.

Nutrition Facts	
Serving Size 1/4 cup (68g)	
Servings Per Container 10	
Amount Per Serving	
Calories 360	Calories from Fat 320
% Daily Value*	
Total Fat 36g	55%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 5g	
Vitamin A 8%	• Vitamin C 0%
Calcium 0%	• Iron 0%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	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: fitmomjourney.com

