

Crunchy Roasted Pumpkin Seeds

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-spiced-roasted-pumpkin-seeds-recipe>

Ingredients:

- 2 cups pumpkin seeds rinsed
- 2 teaspoons garlic powder
- 1/4 teaspoon cayenne
- 2 teaspoons worcestershire sauce
- 1/2 cracked pepper black
- 1 teaspoon sea salt
- 3 tablespoons melted butter

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 25 milligrams
4. Fat: 40 grams
5. Fiber: 4 grams
6. Protein: 20 grams
7. SaturatedFat: 11 grams
8. Sodium: 680 milligrams
9. Sugar: 1 grams

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