

# Spiced Pumpkin Seeds

8 Servings • 1 Serving = ¼ Cup



## INGREDIENTS

- 2 cups raw pumpkin seeds
- ½ Tablespoon canola oil
- 2 teaspoons curry powder
- Pinch of salt

## DIRECTIONS

1. Preheat oven to 350°F.
2. In a bowl, mix the pumpkin seeds, canola oil, curry powder, and salt.
3. Lay the seeds on a cookie sheet lined with parchment paper.
4. Roast seeds for about 20 minutes, until toasted and fragrant.
5. Remove from the oven and let cool slightly before serving.

## Nutrition Facts

8 servings per container  
Serving size 1/4 cup

Amount per serving  
**Calories 240**

% Daily Value\*

Total Fat 18g	23%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein 15g</b>	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 5mg	30%
Potassium 320mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[chefs.org](http://chefs.org)

@CHEFSanAntonio

