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ROASTED PUMPKIN SEEDS

SERVINGS: 40 CALORIES: 180 KCAL

This is a delicious way to reduce waste and give students a delicious snack. Seasoning and roasting pumpkin seeds is easy and fun!

INGREDIENTS

4 pounds Pumpkin seeds
¼ cup Oil
1 teaspoon Salt, kosher
2 teaspoons Garlic, granulated
2 teaspoons Chili powder
2 teaspoons Smoked paprika

INSTRUCTIONS

1. Place the pumpkin seeds in a large container of water and swish the seeds well to remove any pumpkin pulp.
2. Place the clean seeds in a colander and rinse until any remaining flesh is gone.
3. Dry the seeds.
4. Toss the dried pumpkin seeds in oil and seasonings.
5. Arrange the pumpkin seeds on a sheet tray.
6. Bake at 300 °F until golden brown, about 30 minutes. Stir occasionally.

RECIPE NOTES

Crediting: 1 ounce serving of the hulled kernels or 1.5 ounce serving of the seeds with the hulls on, provides 1 oz eq. M/MA.

NUTRITION FACTS PER SERVING (1OUNCE)

Calories: 180 kcal | Fat: 15 g | Saturated fat: 2.5 g | Sodium: 50 mg | Carbohydrates: 4 g | Fiber: 3 g | Protein: 10 g | Iron: 3 %

The outcome, crediting information, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.

Recipe ID: 50712

