

Glazed Spicy Cinnamon Pecans



This makes a great gift. Put pecans in mason jar and tie lid with ribbon or raffia. My family and friends love them and request them every holiday. Easy and inexpensive gift. Adjust spice to your liking.

Prep: 10 mins

Cook: 20 mins

Additional: 15 mins

Total: 45 mins

Servings: 16

Yield: 4 cups



Ingredients

½ cup butter, melted

1 cup white sugar

3 large egg whites, lightly beaten

1 teaspoon ground cinnamon

1 pinch cayenne pepper, or to taste

4 cups pecan halves

Directions

Step 1

Preheat oven to 350 degrees F (175 degrees C). Line a rimmed baking sheet with aluminum foil. Pour butter over foil layer.

Step 2

Whisk sugar, egg whites, cinnamon, and cayenne pepper together in a large bowl. Add pecans and toss to fully coat. Spread coated pecans on the buttered baking sheet.

Step 3

Bake in the preheated oven, stirring and flipping pecans after 10 minutes, until pecans are toasted, about 20 minutes. Cool pecans on baking sheet for 15 minutes.

Cook's Note:

Make sure the pecans are tossed around on cookie sheet while baking to ensure they don't burn on one side. Careful not to break the foil.

Nutrition Facts

Per Serving:

308 calories; protein 3.5g 7% DV; carbohydrates 16.8g 5% DV; fat 27.2g 42% DV; cholesterol 15.3mg 5% DV; sodium 51.3mg 2% DV.