

Roasted Pumpkin Seeds

Prep time: 50 mins

Serves: 6

INGREDIENTS

1 ½ cups of raw pumpkin seeds

2 tsp of melted butter

1 pinch of salt

Preheat the oven to 300 F

Add the seeds, melted butter and salt to the bowl and mix

Lay out the seasoned pumpkin seeds on the baking tray and bake for about 45 mins, with occasional stirring

Let it cool before serving



Nutrition Facts	
Serving size	
Amount Per Serving	
Calories	80
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 10mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	6%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) 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.</small>	