

Candied Pecans

12 SERVINGS 1 HOUR



INGREDIENTS

1 lb Pecans (Shelled)
3 eas Egg Whites
1 c Raw Honey
1/2 tsp Ground Ginger
1 tsp Cinnamon
1 tbsp Vanilla Extract
1/4 cup Butter (Unsalted)
2 tbsps Butter (Unsalted)

NUTRITION

AMOUNT PER SERVING

Calories	406	Iron	1mg
Fat	33g	Vitamin D	0IU
Carbs	29g	Folate	9µg
Fiber	4g	Magnesium	48mg
Protein	5g	Zinc	2mg
Vitamin C	1mg		

DIRECTIONS

- 01 Preheat oven to 300 F. Roast pecans in a large pan in a single layer for 10 minutes. Cool pecans completely.
- 02 Beat egg whites with a pinch of salt until they form stiff peaks. Add ginger, cinnamon, and vanilla extract. Mix to combine. Slowly add honey and continue mixing. Fold in cooked pecans.
- 03 Fold in pecans.
- 04 Grease a large, lipped sheet pan with 1/4 cup melted butter. Pour pecan mixture onto sheet pan and spread out evenly. Bake for 20-30 minutes or until lightly browned.
- 05 Stir and return to the oven for 15 minutes. Stir again and return to oven for 10 minutes.
- 06 Place wax paper on a cooling rack and coat with 2 Tbsp melted butter. Pour pecans onto wax paper and spread into one layer.
- 07 Lightly salt the pecans while still warm. Let them cool for roughly 10 minutes then transfer to storage.

NOTES

RECIPE ID 706

AVOID A MESS

The mixture will expand as it first cooks so it's important to choose a sheet pan with a lip. Otherwise it will spill over onto your oven.

STORAGE

Will keep for at least 3 weeks.

SOURCE

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