
Sugar and Spice Pecans

The Essential Southern Living Cookbook

Preparation Time: 10 minutes

Start to Finish Time: 35 minutes

1 egg white

4 cups pecan halves and pieces

1/2 cup granulated sugar

1 tablespoon orange zest

1 teaspoon ground cinnamon

1 teaspoon ground ginger

Preheat the oven to 350 degrees.

In a large bowl, whisk the egg white until foamy. Add the pecans and stir until evenly coated.

In a small bowl, stir together the sugar, orange zest, cinnamon and ginger until blended. Sprinkle the sugar mixture over the pecans. Stir until the pecans are coated.

Spread the pecans in a single layer on a lightly greased, aluminum foil-lined 15 x 10-inch pan. Bake until the pecans are toasted and dry, about 25 minutes, stirring once after 10 minutes. Let cool completely.

Yield: 4 cups

Side Dishes

Per Serving (excluding unknown items): 422 Calories; trace Fat (0.4% calories from fat); 4g Protein; 105g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 57mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 0 Fat; 6 1/2 Other Carbohydrates.