
Spiced Pecans

Servings: 20

Preparation Time: 10 minutes

Start to Finish Time: 35 minutes

1/2 cup calorie-free sweetener

1 1/2 teaspoons ground cinnamon

1 teaspoon ground nutmeg

1/4 teaspoon table salt

1 large egg white

4 1/2 teaspoons water

2 1/2 cups pecan halves

Preheat the oven to 300 degrees.

In a medium bowl, combine the sweetener, cinnamon, nutmeg and salt. Stir well.

Beat the egg white and water with an electric mixer on medium speed until foamy. Gradually add the sweetener mixture, one tablespoon at a time, beating until stiff peaks form. Fold in the pecan halves.

Pour the pecan mixture onto a jelly-roll pan coated with cooking spray. Bake in the preheated oven for 25 minutes, stirring every 10 minutes.

Cool completely in the pan. Store in an airtight container.

Side Dishes

Per Serving (excluding unknown items): 92 Calories; 9g Fat (84.1% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 32mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Fat.