

Spiced Pecans

A word of warning: these tasty tidbits from Cheryl Smith are addictive. To read about Cheryl, turn to [page 48](#).

- 3/4 Cup sugar
- 3/4 tsp. salt
- 2 tsp. PENZEYS CINNAMON
- 1/4-1/2 tsp. GROUND CLOVES (recipe calls for 1/2 tsp. but our CLOVES are really strong!)
- 1/2 tsp. GROUND ALLSPICE
- 1/2 tsp. GROUND NUTMEG
- 1 egg white
- 2 1/2 TB. water
- 2 lbs. pecans



Preheat oven to 275°. In a large bowl, combine the sugar, salt, SPICES, egg white and water. Mix well. Add the pecans and stir by hand until thoroughly coated. Spread evenly on a greased cookie sheet (Cheryl uses coconut oil spray) and bake at 275° for 45 minutes, stirring every 15 minutes or so. Let cool, then enjoy!

Prep. time: 10 minutes
Cooking time: 45 minutes
Yield: about 8 1/2 cups

Nutritional Information:

Servings 17; Serving Size 1/2 cup (55g); Calories 340; Calories from fat 290; Total fat 32g; Cholesterol 0mg; Sodium 85mg; Carbohydrate 14g; Dietary Fiber 4g; Sugars 9g; Protein 4g.

SOURCE: <http://www.penzeys.com/cgi-bin/penzeys/recipes/r-penzeysSpicedPecans.html>