
Southern Spiced Pecans (Confederacy)

Carol Seminara

Servings: 10

These can be stored for up to 2 weeks in an airtight container.

1 large egg white

1/4 cup granulated sugar

1 teaspoon Kosher salt

1/2 teaspoon chili powder

1/2 teaspoon ground cumin

1/4 teaspoon ground allspice

1 3/4 teaspoons cayenne pepper

2 1/2 cups pecan halves

Preheat oven to 300°F.

In a small bowl, combine sugar and spices; set aside.

In a large bowl, beat egg white until foamy and no clear liquid remains at the bottom of the bowl.

Once egg white is foamy and soft, whisk in sugar and spice mixture.

Stir in pecans until well coated; spread mixture in a single layer onto an ungreased baking pan.

Bake pecans at 300°F for 15 minutes. Remove from oven and, with a metal spatula, turn, stir, and separate the nuts.

Reduce oven heat to 250°F and bake nuts an additional 10 minutes longer, or until medium brown.

Remove from oven, turn and stir again, then transfer to a wire rack to cool, breaking up any nuts that stick together.

Yield: 2 1/2 cups

6 Flavors Over Texas

Per Serving (excluding unknown items): 203 Calories; 18g Fat (76.3% calories from fat); 3g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 195mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 3 1/2 Fat; 1/2 Other Carbohydrates.