AMERICAN · SNACK · DESSERT

Sugar-Free Keto Candied Pecans

10 min · Makes 8 × ¼ cup · 258 kcal a portion · Video 3:31 · Joe Duff - The Diet Chef

Vegetarian · Gluten-free ingredients

Pecans glazed in butter and erythritol instead of sugar: about 1 g net carbs and no added sugar in a ¼-cup serve.

Diet notes: Keto (1.3 g net carbs a serve).

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Ingredients

5 · MAKES 8 × ¼ CUP

- [ ] 240 g whole **pecans**
- [ ] heaping 120 g **granulated erythritol sweetener** (Swerve)
- [ ] 4 tbsp (56 g) **unsalted butter**
- [ ] **Salt**: a good pinch of salt (optional)
- [ ] a pinch of **ground cinnamon** (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Toast the pecans in a large dry pan over low heat, stirring, for a couple of minutes just until fragrant — don't let them burn. Tip them back into their bowl. 1:24
2. Melt the butter in the same pan, then add the sweetener and keep stirring so it dissolves into the butter and caramelises without burning. 1:55
3. Return the pecans to the pan and toss to coat them in the sauce, then add a good pinch of salt and a pinch of cinnamon and stir them through. 2:19
4. When the pecans have soaked up most of the sauce, spread them out on a tray lined with baking paper so they don't stick together. Cool for about 5 minutes, then serve. 2:54

> **Tip** Keep the heat low — the pecans and sweetener scorch quickly. Once completely cool, store them in an airtight jar.

The method is a summary in our words — the video shows every step.

One portion (¼ cup) gives you

1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
258 kcal 1,080 kJ	2.8 g 6% of a day	4.2 g 1.3 g net · 1.2 g sugars 2% of a day	2.9 g 10% of a day	27 g 5.5 g saturated 35% of a day	50 mg 2% of a day

Energy from net carbs 2% · protein 4% · fat 94% — fits keto: 1.3 g net carbs, 94% of the energy from fat

High in (20%+ of a day) Omega-3 20%

Source of (10–19%) Zinc 12%

Recipe and video: Joe Duff - The Diet Chef (@TheDietChef) on YouTube — youtube.com/watch?v=H_6umyHSQ2k, published 10 November 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-candied-pecans-butter-cinnamon