Maple Pecans
Makes 8 - 20 pecan halves servings

Ingredients:
8 ounces raw pecan halves (about 2 cups)
2 tablespoons real maple syrup

Directions:
1. Put nuts in a large frying pan and stir continuously until toasted, about 10 minutes. Be careful not to let burn. (Note: If double the recipe, use two pans or cook in two batches)
2. Turn off burner, sprinkle the nuts with maple syrup, and stir until well-coated, about 1 minute.
3. Let sit until dry. Break apart as needed.
4. Store in airtight container.

Nutrition Facts
8 servings per container
Serving size 20 pecan halves (33g)

Amount per serving
Calories 210
% Daily Value*
Total Fat 20g 26%
Saturated Fat 2g 10%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 7g 3%
Dietary Fiber 3g 11%
Total Sugars 4g
Includes 3g Added Sugars 6%
Protein 3g

Vitamin D 0mcg 0%
Calcium 24mg 2%
Iron 1mg 6%
Potassium 11mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: Wendy Wolfe, Division of Nutritional Sciences, Cornell University