

Keto Savory Spiced Pecans

Hands-on 5 minutes Overall 20 minutes

Nutritional values (per serving, 1/2 cup/ 2 oz/ 57 g): Total carbs: 7.3 g, Fiber: 5 g,

Net carbs: 2.3 g, Protein: 4.6 g, Fat: 36.1 g, Calories: 348 kcal,

[Original recipe, Keto Diet App - The ultimate low-carb diet app](#)



Ingredients (makes 8 servings)

- 4 cups [pecans](#) (396 g/ 14 oz)
- 4 tbsp fresh rosemary, roughly chopped
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp smoked paprika
- 2 tsp [pink Himalayan salt](#)
- 2 tsp fresh lemon zest
- 1/4 cup [extra virgin olive oil](#) or melted [ghee](#) (60 ml/ 2 fl oz)

Optional: 1/4 tsp cayenne pepper if you like heat

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Instructions

1. Preheat oven to 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional). Place nuts in a large bowl.
2. Add all the spices, except for the lemon zest. Pour in the olive oil and stir all ingredients thoroughly, until nuts are evenly and well coated.
3. Pour out onto lined oven tray and spread into an even layer. Bake for 10 to 15 minutes until golden and toasty. Stir the nuts every five minutes to ensure even browning. Keep an eye on the for the last half of the cooking time to prevent any burning.
4. Remove from oven and let cool slightly. Sprinkle lemon zest over the top and stir through well.
5. Leave nuts to cool completely.
6. Store in airtight jars for up to 2 weeks. Don't eat them all in one sitting. Telling you from a friend... truly. Enjoy!

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