

spiced chocolate pecans [keto, paleo, diabetic-friendly]



Prep Time: 1 hour *Cook Time:* 2 hours *Yield:* 42 pecan halves *Category:* Dessert
Cuisine: American

INGREDIENTS

42 [pecan halves](#) (approx. 2.5 oz (70 g))

2 oz (56 g) [100% dark chocolate](#)

spices of your choosing – my favorites were cinnamon, nutmeg, and [vanilla salt](#)

INSTRUCTIONS

- 1 Preheat oven to 350 F (175 C).
- 2 Place the pecan halves in a single layer on some parchment paper and bake in oven for 7 minutes.
- 3 Let the pecan halves cool for 10-20 minutes.
- 4 Melt the dark chocolate (microwave on high for 2 minutes).
- 5 Dip each pecan half in the melted dark chocolate with a fork and place back on the parchment paper.
- 6 Sprinkle a small amount of the spice/salt of your choosing on top of the chocolate covered pecans.
- 7 Place in refrigerator for 1-2 hours to set.

NOTES

Net carbs: 4 g per serving

NUTRITION

Serving Size: 7 pieces Calories: 140 Sugar: 1 g Fat: 13 g Carbohydrates: 5 g

Fiber: 1 g Protein: 2 g