



Candied Cashews



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



8

CALORIES



328 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon cayenne to taste
- ☐ 0.1 cup confectioners sugar
- ☐ 9 ounces cashew pieces raw
- ☐ 0.5 teaspoon salt to taste
- ☐ 3 cups vegetable oil for deep-frying

Equipment

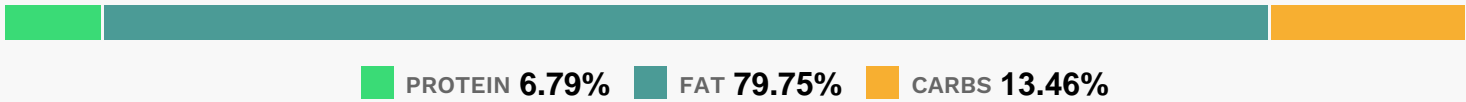
- ☐ bowl
- ☐ baking sheet

- ☐ paper towels
- ☐ sauce pan
- ☐ sieve
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Cover cashews with water in a 1 1/2- to 2-quart saucepan and simmer until slightly softened, about 4 minutes.
- ☐ Drain, then transfer to paper towels to dry, 40 to 50 minutes.
- ☐ Stir together salt and cayenne.
- ☐ Toss cashews with sugar in a bowl, then shake in a sieve to remove excess.
- ☐ Heat 1 1/2 inches oil in dried saucepan over moderate heat until it registers 375°F on thermometer. Fry cashews in 3 batches, stirring frequently, until deep golden brown and crisp, 2 to 3 minutes per batch.
- ☐ Transfer with a slotted spoon to a baking sheet as fried and sprinkle with some cayenne mixture. (Return oil to 375°F between batches.)

Nutrition Facts



Properties

Glycemic Index:7.15, Glycemic Load:2.16, Inflammation Score:-5, Nutrition Score:9.6565218943617%

Nutrients (% of daily need)

Calories: 328.3kcal (16.41%), Fat: 30.34g (46.68%), Saturated Fat: 4.98g (31.11%), Carbohydrates: 11.52g (3.84%), Net Carbohydrates: 10.46g (3.8%), Sugar: 3.72g (4.14%), Cholesterol: 0mg (0%), Sodium: 149.22mg (6.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.63%), Vitamin K: 40.97µg (39.02%), Copper: 0.7mg (35.02%), Manganese: 0.53mg (26.45%), Magnesium: 93.18mg (23.29%), Phosphorus: 189.22mg (18.92%), Zinc: 1.84mg (12.3%), Iron: 2.14mg (11.88%), Vitamin E: 1.63mg (10.89%), Selenium: 6.36µg (9.09%), Vitamin B1: 0.14mg (9%), Vitamin B6: 0.13mg (6.69%), Potassium: 211.19mg (6.03%), Fiber: 1.06g (4.24%), Vitamin B5: 0.28mg (2.76%), Folate: 8.01µg (2%), Vitamin B3: 0.34mg (1.71%), Calcium: 11.96mg (1.2%), Vitamin B2: 0.02mg (1.13%)