



Candied Salted Nuts

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



295 kcal

SIDE DISH

Ingredients

- 1 teaspoon chipotle chile powder
- 1 tablespoon sea salt
- 0.5 cup brown sugar dark
- 0.3 cup maple syrup
- 2 cups nuts unsalted assorted

Equipment

- bowl
- baking sheet

oven

Directions

- Preheat oven to 30
- Mix sugar, maple syrup, chile powder, and salt in a medium bowl.
- Add nuts and mix to coat well.
- Spread nuts on a nonstick baking sheet (or line sheet with parchment) in a single layer.
- Bake nuts, stirring often, 20 to 30 minutes, or until liquid is mostly evaporated and nuts are golden inside (break 1 open to test).
- Let cool until crisp.
- *Make ahead: Up to 1 week, stored in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:8.27, Glycemic Load:4.22, Inflammation Score:-4, Nutrition Score:8.3217391974252%

Nutrients (% of daily need)

Calories: 295.29kcal (14.76%), Fat: 18.55g (28.54%), Saturated Fat: 2.49g (15.58%), Carbohydrates: 29.83g (9.94%), Net Carbohydrates: 26.41g (9.6%), Sugar: 19.62g (21.8%), Cholesterol: 0mg (0%), Sodium: 881.66mg (38.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.31g (12.61%), Manganese: 0.94mg (46.99%), Copper: 0.47mg (23.38%), Magnesium: 84.37mg (21.09%), Phosphorus: 157.15mg (15.72%), Fiber: 3.42g (13.66%), Vitamin B2: 0.2mg (11.75%), Zinc: 1.44mg (9.63%), Vitamin B3: 1.72mg (8.58%), Iron: 1.45mg (8.05%), Potassium: 256.03mg (7.32%), Vitamin B6: 0.11mg (5.61%), Vitamin B1: 0.08mg (5.24%), Calcium: 48.12mg (4.81%), Folate: 18.14µg (4.53%), Vitamin B5: 0.45mg (4.52%)