



Caramelized Cashews with Cayenne



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



225 kcal

SIDE DISH

Ingredients

- ☐ 10 ounces cashew pieces unsalted
- ☐ 0.5 teaspoon ground pepper
- ☐ 1.5 teaspoons cumin seeds
- ☐ 0.3 cup maple syrup pure (preferably Grade B)
- ☐ 1 teaspoon sea salt fine

Equipment

- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350°F. Spray sheet of foil with nonstick spray; set aside. Lightly spray rimmed baking sheet with nonstick spray. Toss cashews and all remaining ingredients in medium bowl.
- ☐ Spread cashew mixture evenly in single layer on prepared sheet.
- ☐ Bake nuts until golden brown and coated with maple syrup mixture, stirring occasionally, about 20 minutes. Immediately pour nut mixture out onto foil, spreading evenly. Cool 10 minutes, then separate and break apart any nut clusters. Cool completely. DO AHEAD: Can be made 3 days ahead. Store airtight at room temperature.
- ☐ Per serving: (1/4 cup) 224.5 kcal calories, 64.1 % calories from fat,
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:12.34, Glycemic Load:4.89, Inflammation Score:-5, Nutrition Score:10.142608725506%

Nutrients (% of daily need)

Calories: 224.94kcal (11.25%), Fat: 15.64g (24.07%), Saturated Fat: 2.77g (17.3%), Carbohydrates: 17.72g (5.91%), Net Carbohydrates: 16.47g (5.99%), Sugar: 8.15g (9.05%), Cholesterol: 0mg (0%), Sodium: 296.51mg (12.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.54g (13.08%), Manganese: 0.83mg (41.68%), Copper: 0.78mg (39.09%), Magnesium: 107.16mg (26.79%), Phosphorus: 212.38mg (21.24%), Iron: 2.64mg (14.66%), Zinc: 2.14mg (14.27%), Vitamin K: 12.2µg (11.62%), Vitamin B1: 0.16mg (10.62%), Selenium: 7.08µg (10.12%), Vitamin B2: 0.15mg (8.87%), Vitamin B6: 0.15mg (7.62%), Potassium: 265.81mg (7.59%), Fiber: 1.24g (4.97%), Vitamin B5: 0.31mg (3.06%), Calcium: 27.94mg (2.79%), Vitamin E: 0.37mg (2.46%), Folate: 9.03µg (2.26%), Vitamin B3: 0.41mg (2.06%), Vitamin A: 56.78IU (1.14%)