

SIDE DISH

Caribbean Cashews

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$0.62	187 kcal

Caribbean Cashews is a Central American side dish. Watching your figure? This gluten free, dairy free, and whole 30 recipe has 187 calories, 6g of protein, and 15g of fat per serving. This recipe serves 8. For 62 cents per serving, this recipe covers 8% of your daily requirements of vitamins and min...

Ingredients

- ☐ 1½ teaspoons butter or margarine
- ☐ 2 cups lightly salted whole cashews
- ☐ 2 teaspoons Caribbean Jerk Seasoning
- ☐ 2 teaspoons grated orange rind

EQUIPMENT Oven, Cake form, Wax paper

Method

- 1

Preheat oven to 35
- 2

Heat butter in an 8-inch cake pan in oven for 2 to 3 minutes or until melted; stir in nuts and remaining ingredients, tossing to coat.
- 3

Bake at 350 for 20 minutes, stirring occasionally.
- 4

Arrange cashews in a single layer on wax paper, and let cool. Store in an airtight container.

Nutrition per serving

187

KCAL

6 g

PROTEIN

15 g

FAT

10 g

CARBS

Saturated Fat

2.7 g · 17% of daily needs

Fibre

1.3 g · 5% of daily needs

Sugar

1.9 g · 2% of daily needs

Sodium

20.9 mg · 1% of daily needs

Cholesterol

0 mg · 0% of daily needs

Vitamin C

0.9 mg · 1% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/caribbean-cashews-148364