



## Chesapeake Bay Party Nuts

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



238 kcal

SIDE DISH

### Ingredients

- 2 tablespoons butter melted
- 0.5 teaspoon garlic powder
- 0.3 teaspoon hot sauce
- 2 teaspoons old bay seasoning
- 2 cups pecan halves whole
- 2 tablespoons worcestershire sauce

### Equipment

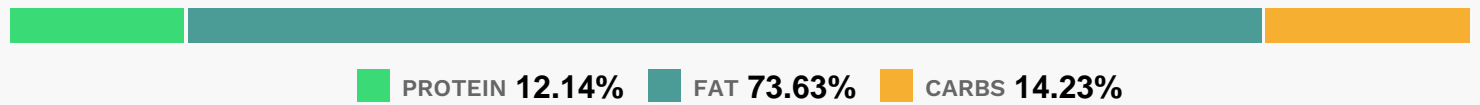
- frying pan

- oven
- aluminum foil

## Directions

- Stir together melted butter, Old Bay Seasoning, Worcestershire sauce, garlic powder, and hot sauce; add pecans or almonds, tossing to coat.
- Place nuts in an aluminum foil-lined 15- x 10-inch jellyroll pan.
- Bake seasoned nuts at 300 for 30 minutes, stirring twice. Cool. Store in an airtight container.

## Nutrition Facts



## Properties

Glycemic Index:8.13, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:11.967826282525%

## Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 237.53kcal (11.88%), Fat: 20.72g (31.87%), Saturated Fat: 3.17g (19.84%), Carbohydrates: 9.01g (3%), Net Carbohydrates: 4.46g (1.62%), Sugar: 2g (2.23%), Cholesterol: 7.53mg (2.51%), Sodium: 81.66mg (3.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.69g (15.38%), Vitamin E: 9.24mg (61.63%), Manganese: 0.85mg (42.65%), Magnesium: 98.42mg (24.6%), Vitamin B2: 0.42mg (24.45%), Copper: 0.38mg (19.1%), Fiber: 4.54g (18.17%), Phosphorus: 176.99mg (17.7%), Calcium: 106.69mg (10.67%), Iron: 1.74mg (9.67%), Potassium: 302.72mg (8.65%), Zinc: 1.15mg (7.65%), Vitamin B3: 1.34mg (6.71%), Vitamin B1: 0.08mg (5.24%), Folate: 16.96µg (4.24%), Vitamin K: 4.32µg (4.11%), Vitamin B6: 0.06mg (2.95%), Selenium: 1.6µg (2.29%), Vitamin A: 104.54IU (2.09%), Vitamin B5: 0.17mg (1.73%)