



## Chile-Honey Roasted Nuts



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



900 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.8 teaspoon cayenne pepper
- ☐ 0.3 cup honey
- ☐ 4 cups roasted nuts mixed unsalted
- ☐ 1.5 teaspoons salt
- ☐ 0.3 cup sugar

### Equipment

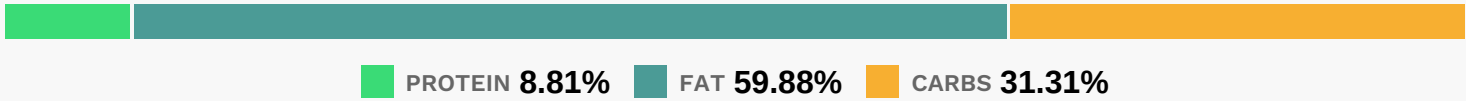
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ wax paper

## Directions

- ☐ Preheat the oven to 32
- ☐ Line a rimmed baking sheet with parchment or wax paper. Lightly oil the parchment. In a bowl, combine the sugar with the salt.
- ☐ In a large skillet, melt the honey with the cayenne.
- ☐ Add the nuts and stir to coat.
- ☐ Spread the nuts in a single layer on the baking sheet and bake for 10 minutes.
- ☐ Let the nuts cool slightly, then add them to the sugar-salt mixture and toss to coat. Discard the parchment and spread the nuts out on the baking sheet to cool completely, then transfer to a bowl and serve.
- ☐ Make Ahead: The nuts can be stored in an airtight container for up to 4 days.
- ☐ Wine Recommendation: Stuckey: Crisp and refreshing, the 1993 Domaine Carneros Le Rve Blanc de Blancs Sparkling Wine from California will help you recover from the kick of cayenne spice.Triffon: When spicy snacks also have sweetness, an off-dry sparkling wine, like the 1993 Iron Horse Russian Cuve from California, is perfect.

## Nutrition Facts



## Properties

Glycemic Index:38.59, Glycemic Load:17.87, Inflammation Score:-9, Nutrition Score:28.01173933563%

## Nutrients (% of daily need)

Calories: 900.11kcal (45.01%), Fat: 63.67g (97.96%), Saturated Fat: 12.56g (78.51%), Carbohydrates: 74.92g (24.97%), Net Carbohydrates: 70.67g (25.7%), Sugar: 36.77g (40.86%), Cholesterol: 0mg (0%), Sodium: 895.06mg (38.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.07g (42.14%), Copper: 3.05mg (152.6%), Magnesium: 357.22mg (89.3%), Phosphorus: 673.25mg (67.32%), Manganese: 1.16mg (57.94%), Zinc: 7.73mg (51.54%), Iron: 8.35mg (46.4%), Vitamin K: 47.84µg (45.56%), Folate: 95.35µg (23.84%), Selenium: 16.31µg (23.3%), Potassium: 793.05mg (22.66%), Vitamin B1: 0.28mg (18.35%), Vitamin B6: 0.37mg (18.25%), Fiber: 4.25g (17.02%),

Vitamin B2: 0.29mg (16.93%), Vitamin B5: 1.68mg (16.82%), Vitamin B3: 1.98mg (9.88%), Vitamin E: 1.37mg (9.15%), Calcium: 64.14mg (6.41%), Vitamin A: 156.04IU (3.12%)