



Chile-Lime Cashews



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



838 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons ancho chili pepper
- ☐ 15 chilies dried
- ☐ 10 kaffir lime leaves cut into 1/4" slices
- ☐ 1 tablespoon kosher salt
- ☐ 2 tablespoons lime zest finely grated
- ☐ 4 cups cashew pieces raw
- ☐ 2 tablespoons butter unsalted melted
- ☐ 2 tablespoons vegetable oil

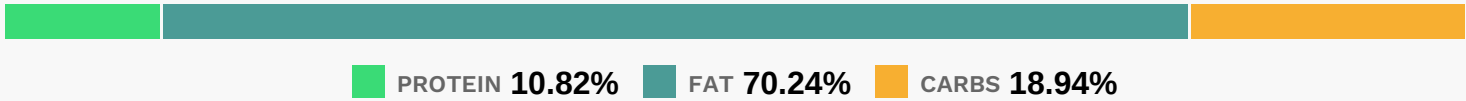
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 325°F.
- ☐ Combine 4 cups raw cashews, 15 dried chiles de árbol, 10 kaffir lime leaves (optional) cut into 1/4" slices, 2 tablespoons melted unsalted butter, 2 tablespoons vegetable oil, 1 tablespoon kosher salt, and 1 1/2 teaspoons ground ancho chiles in a large bowl; toss to coat.
- ☐ Spread nut mixture in an even layer on a large rimmed baking sheet. Roast, stirring occasionally, until cashews are evenly toasted and fragrant, about 20 minutes.
- ☐ Let nut mixture cool completely on sheet on a wire rack.
- ☐ Transfer nuts to a large bowl and toss with 2 tablespoons finely grated lime zest, making sure to evenly distribute spices and zest. DO AHEAD: Can be made 2 days ahead. Store airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:14.3, Glycemic Load:8.82, Inflammation Score:-9, Nutrition Score:33.139565100488%

Flavonoids

Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 837.5kcal (41.88%), Fat: 69.28g (106.58%), Saturated Fat: 14.7g (91.9%), Carbohydrates: 42.03g (14.01%), Net Carbohydrates: 36.62g (13.32%), Sugar: 9.21g (10.23%), Cholesterol: 15.05mg (5.02%), Sodium: 1763.81mg (76.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.01g (48.02%), Copper: 2.84mg (142.22%),

Manganese: 2.17mg (108.53%), Magnesium: 380.32mg (95.08%), Phosphorus: 773.11mg (77.31%), Vitamin K: 61.03µg (58.12%), Zinc: 7.51mg (50.06%), Iron: 8.88mg (49.32%), Selenium: 25.89µg (36.98%), Vitamin B1: 0.55mg (36.66%), Vitamin B6: 0.57mg (28.48%), Potassium: 926.13mg (26.46%), Vitamin A: 1162.67IU (23.25%), Fiber: 5.41g (21.64%), Vitamin E: 2mg (13.35%), Vitamin B5: 1.16mg (11.64%), Folate: 34.6µg (8.65%), Vitamin B3: 1.7mg (8.51%), Vitamin B2: 0.12mg (7.22%), Calcium: 53.16mg (5.32%), Vitamin C: 2.69mg (3.26%)