



Chile Peanuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



768 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon cayenne
- ☐ 17 oz dry-roasted peanuts unsalted
- ☐ 2.5 tablespoons juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon paprika hot (not)
- ☐ 2 teaspoons sea salt fine

Equipment

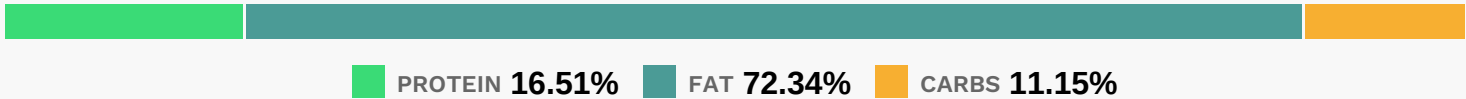
- ☐ oven

- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 250°F with rack in middle.
- ☐ Whisk together lime juice, oil, paprika, sea salt, and cayenne. Stir in peanuts to coat evenly.
- ☐ Spread peanuts in a large shallow baking pan and bake until coating is dry and fragrant, about 30 minutes. Cool completely before serving.
- ☐ Peanuts keep in an airtight container 3 weeks. If peanuts lose their crispness, reheat in a 250°F oven 15 to 20 minutes, then cool.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.1, Inflammation Score:-9, Nutrition Score:26.787825967955%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 768.36kcal (38.42%), Fat: 66.4g (102.16%), Saturated Fat: 10.12g (63.27%), Carbohydrates: 23.04g (7.68%), Net Carbohydrates: 11.53g (4.19%), Sugar: 0.39g (0.43%), Cholesterol: 0mg (0%), Sodium: 1686.11mg (73.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.09g (68.19%), Manganese: 2.88mg (144%), Vitamin B3: 18.23mg (91.12%), Magnesium: 207.07mg (51.77%), Phosphorus: 474.55mg (47.46%), Fiber: 11.51g (46.03%), Copper: 0.81mg (40.71%), Folate: 154.14µg (38.53%), Potassium: 996.22mg (28.46%), Vitamin B1: 0.39mg (26.11%), Vitamin A: 1074.68IU (21.49%), Vitamin B6: 0.36mg (18.09%), Iron: 3.21mg (17.85%), Vitamin B5: 1.73mg (17.33%), Zinc: 2.51mg (16.72%), Selenium: 9.2µg (13.15%), Calcium: 127.34mg (12.73%), Vitamin E: 1.69mg (11.25%), Vitamin B2: 0.13mg (7.64%), Vitamin K: 6.08µg (5.79%), Vitamin C: 3.21mg (3.89%)