



Chile-Spiced Sugared Nuts



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



39 min.

SERVINGS



9

CALORIES



459 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 lb natural almonds whole
- ☐ 1.5 teaspoons chipotle chile powder
- ☐ 2 large egg whites
- ☐ 2 tablespoons ground cinnamon
- ☐ 0.5 lb pecan halves
- ☐ 2 teaspoons salt
- ☐ 1.5 cups sugar
- ☐ 1 tablespoon water

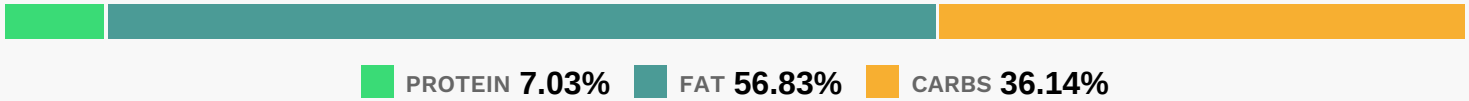
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Beat egg whites and water in a bowl until blended.
- ☐ Add nuts to egg whites, stirring to coat; drain in a colander.
- ☐ Combine sugar and next 3 ingredients in another bowl.
- ☐ Add nuts, in batches, to spiced sugar, shaking bowl to coat nuts.
- ☐ Transfer nuts with a slotted spoon to a large rimmed baking sheet lined with parchment paper, spreading nuts into a single layer.
- ☐ Bake at 300 for 30 minutes or until coating is crisp, stirring after 25 minutes. Cool completely. Break big clusters apart. Store in airtight containers.

Nutrition Facts



Properties

Glycemic Index:10.57, Glycemic Load:23.63, Inflammation Score:-5, Nutrition Score:15.20130435345%

Flavonoids

Cyanidin: 3.33mg, Cyanidin: 3.33mg, Cyanidin: 3.33mg, Cyanidin: 3.33mg Delphinidin: 1.83mg, Delphinidin: 1.83mg, Delphinidin: 1.83mg, Delphinidin: 1.83mg Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg Epigallocatechin: 2.07mg, Epigallocatechin: 2.07mg, Epigallocatechin: 2.07mg, Epigallocatechin: 2.07mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.11mg,

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 459.28kcal (22.96%), Fat: 30.89g (47.53%), Saturated Fat: 2.53g (15.83%), Carbohydrates: 44.21g (14.74%), Net Carbohydrates: 37.46g (13.62%), Sugar: 35.79g (39.77%), Cholesterol: 0mg (0%), Sodium: 530.5mg (23.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.61g (17.21%), Manganese: 2.02mg (101.19%), Vitamin E: 6.85mg (45.63%), Copper: 0.57mg (28.63%), Fiber: 6.75g (26.99%), Magnesium: 100.43mg (25.11%), Vitamin B2: 0.36mg (21.13%), Phosphorus: 193.25mg (19.33%), Vitamin B1: 0.22mg (14.58%), Zinc: 1.97mg (13.12%), Calcium: 104.46mg (10.45%), Iron: 1.75mg (9.71%), Potassium: 308.42mg (8.81%), Vitamin B3: 1.24mg (6.19%), Selenium: 3.71µg (5.31%), Vitamin B6: 0.09mg (4.53%), Folate: 17.03µg (4.26%), Vitamin B5: 0.36mg (3.56%), Vitamin K: 1.44µg (1.37%)