



Chili-Dusted Almonds and Walnuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



19 min.

SERVINGS



16

CALORIES



149 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 oz brown-rice cracker cakes salt-free ()
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 tablespoon coconut oil
- ☐ 0.5 teaspoon kosher salt
- ☐ 8 oz slivered almonds
- ☐ 4 oz walnut pieces

Equipment

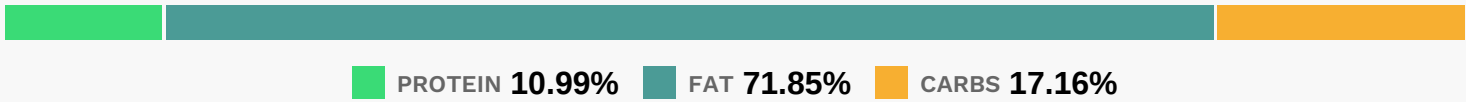
- ☐ baking sheet

☐ oven

Directions

- ☐ Heat oven to 350F.
- ☐ Combine nuts and rice cakes on baking sheet.
- ☐ Add cayenne, salt, and oil. Toss well, using your hands, to thoroughly distribute flavors.
- ☐ Bake 6 minutes; stir. Continue baking until aromatic and almonds are deep gold (8 minutes more). Eat warm or at room temperature. Store in airtight container, at room temp, up to 1 week.

Nutrition Facts



Properties

Glycemic Index:8.92, Glycemic Load:1.76, Inflammation Score:-3, Nutrition Score:6.7669566357913%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 148.94kcal (7.45%), Fat: 12.68g (19.5%), Saturated Fat: 1.72g (10.74%), Carbohydrates: 6.81g (2.27%), Net Carbohydrates: 4.41g (1.6%), Sugar: 0.81g (0.91%), Cholesterol: 0mg (0%), Sodium: 73.13mg (3.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.73%), Manganese: 0.7mg (35.06%), Vitamin E: 3.72mg (24.78%), Magnesium: 54.73mg (13.68%), Copper: 0.27mg (13.45%), Vitamin B2: 0.17mg (10.29%), Phosphorus: 102.42mg (10.24%), Fiber: 2.4g (9.6%), Zinc: 0.74mg (4.91%), Calcium: 46.48mg (4.65%), Vitamin B1: 0.07mg (4.55%), Iron: 0.81mg (4.48%), Potassium: 147.19mg (4.21%), Vitamin B6: 0.08mg (3.93%), Vitamin B3: 0.76mg (3.78%), Folate: 14.02µg (3.51%), Vitamin B5: 0.16mg (1.6%), Selenium: 0.94µg (1.34%), Vitamin A: 53.57IU (1.07%)