



Chili-Spiced Nuts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



246 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 teaspoons ground chipotle chilies dried (see notes)
- ☐ 1.5 cups pecan halves
- ☐ 0.8 cup pinenuts
- ☐ 0.3 cup roasted raw shelled
- ☐ 0.8 cup roasted pumpkin seeds raw hulled (see notes)
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 3 tablespoons vegetable oil

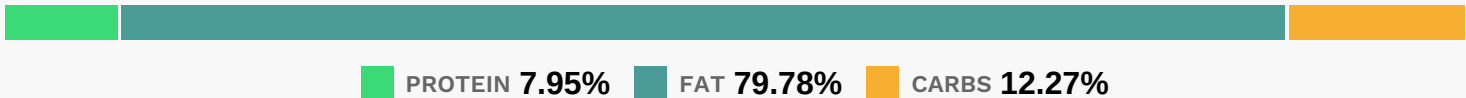
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a large bowl, mix pecans, pine nuts, pumpkin seeds, pistachios, and oil.
- ☐ Add sugar, 3/4 teaspoon chilies, and 1/2 teaspoon salt; mix to coat nuts evenly.
- ☐ Add more chili and salt to taste.
- ☐ Coat a 10- by 15-inch baking pan with cooking oil spray.
- ☐ Spread nuts in pan.
- ☐ Bake in a 325 oven, stirring occasionally, until nuts are browned, 15 to 20 minutes. Cool.
- ☐ Serve or store airtight at room temperature up to 1 week.

Nutrition Facts



Properties

Glycemic Index:8.17, Glycemic Load:2.25, Inflammation Score:-4, Nutrition Score:9.9899999356788%

Flavonoids

Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 246.45kcal (12.32%), Fat: 23.27g (35.8%), Saturated Fat: 2.52g (15.76%), Carbohydrates: 8.05g (2.68%), Net Carbohydrates: 5.63g (2.05%), Sugar: 4.27g (4.75%), Cholesterol: 0mg (0%), Sodium: 116.27mg (5.06%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.43%), Manganese: 1.67mg (83.6%), Magnesium: 80.85mg (20.21%), Copper: 0.4mg (19.93%), Phosphorus: 186.12mg (18.61%), Zinc: 1.74mg (11.63%), Vitamin K: 11.57µg (11.01%), Vitamin B1: 0.15mg (9.82%), Fiber: 2.42g (9.68%), Vitamin E: 1.36mg (9.06%), Iron: 1.51mg (8.4%), Potassium: 194.33mg (5.55%), Vitamin B6: 0.1mg (4.97%), Vitamin B3: 0.89mg (4.43%), Vitamin B2: 0.05mg (3.08%), Folate: 11.54µg (2.88%), Selenium: 1.48µg (2.11%), Vitamin B5: 0.19mg (1.93%), Calcium: 17.52mg (1.75%)