



Chilli & ginger nuts



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 egg white
- ☐ 0.5 tsp chilli flakes
- ☐ 0.5 tsp curry powder gluten-free (or alternative)
- ☐ 0.5 tsp cayenne pepper
- ☐ 0.5 tsp ground ginger
- ☐ 5 tbsp brown sugar soft
- ☐ 350 g nuts mixed

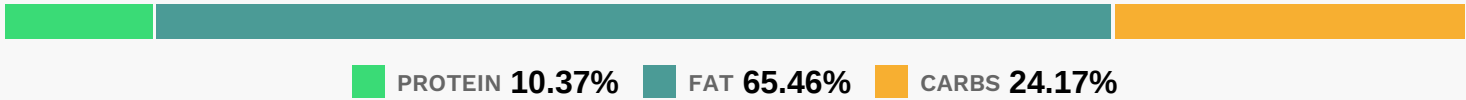
Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Whisk the egg white briefly to break it up.
- ☐ Add the spices and sugar, and whisk to combine.
- ☐ Add the nuts and stir or toss to coat.
- ☐ Line a baking tray with baking parchment, then pour on the nuts.
- ☐ Sprinkle with salt to taste. Roast for 10–15 mins. Use a spatula or spoon to break up and toss the nuts halfway through cooking. Leave to cool completely, then break up to serve.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:4.27, Inflammation Score:-7, Nutrition Score:18.476087175634%

Nutrients (% of daily need)

Calories: 583.64kcal (29.18%), Fat: 45.15g (69.46%), Saturated Fat: 6.06g (37.88%), Carbohydrates: 37.51g (12.5%), Net Carbohydrates: 29.37g (10.68%), Sugar: 14.66g (16.29%), Cholesterol: 0mg (0%), Sodium: 31.51mg (1.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.09g (32.17%), Manganese: 1.8mg (89.98%), Copper: 1.13mg (56.72%), Magnesium: 200.88mg (50.22%), Phosphorus: 385.01mg (38.5%), Fiber: 8.14g (32.55%), Zinc: 3.37mg (22.44%), Vitamin B3: 4.22mg (21.08%), Iron: 3.53mg (19.61%), Potassium: 570.78mg (16.31%), Vitamin B6: 0.28mg (14.03%), Vitamin B2: 0.21mg (12.55%), Vitamin B1: 0.18mg (11.83%), Folate: 44.92µg (11.23%), Vitamin B5: 1.09mg (10.92%), Calcium: 76.83mg (7.68%), Vitamin A: 183.4IU (3.67%), Selenium: 1.92µg (2.74%), Vitamin E: 0.22mg (1.45%)