



Chipotle and Rosemary Roasted Nuts

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



10

CALORIES



722 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons ground chipotle powder
- 4 tablespoons rosemary leaves fresh minced
- 10 servings kosher salt
- 0.3 cup brown sugar light packed
- 0.3 cup maple syrup pure
- 3 tablespoons orange juice freshly squeezed
- 7 ounces pecan halves whole
- 14 ounces roasted cashews unsalted whole

- 10 servings vegetable oil
- 7 ounces walnut halves whole
- 3 ounces almonds whole







Equipment

- frying pan
- oven
- spatula

Directions

- Preheat the oven to 350 degrees F.
- Brush a sheet pan generously with vegetable oil.
- Combine the cashews, walnuts, pecans, almonds, 2 tablespoons of the vegetable oil, the maple syrup, brown sugar, orange juice and chipotle powder on the sheet pan; toss to coat.
- Add 2 tablespoons of the rosemary and 2 teaspoons of salt and toss again.
- Spread the nuts in one layer. Roast for 25 minutes, stirring twice with a large metal spatula, until the nuts are glazed and golden brown.
- Remove from the oven and sprinkle with 2 more teaspoons of salt and the remaining 2 tablespoons of rosemary. Toss well and set aside at room temperature, stirring occasionally to prevent sticking as they cool. Taste for seasoning.
- Serve warm or cool completely and store in airtight containers at room temperature for up to a week.
- Photograph by Quentin Bacon

Nutrition Facts

  
 PROTEIN **6.73%**  FAT **75.53%**  CARBS **17.74%**

Properties

Glycemic Index:12.85, Glycemic Load:3.35, Inflammation Score:-8, Nutrition Score:22.900435033052%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 722.08kcal (36.1%), Fat: 64g (98.46%), Saturated Fat: 8.57g (53.57%), Carbohydrates: 33.81g (11.27%), Net Carbohydrates: 28.06g (10.21%), Sugar: 15.89g (17.65%), Cholesterol: 0mg (0%), Sodium: 209.95mg (9.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.83g (25.67%), Manganese: 2.36mg (117.94%), Copper: 1.53mg (76.69%), Magnesium: 186.16mg (46.54%), Vitamin K: 41.18µg (39.22%), Phosphorus: 361.83mg (36.18%), Vitamin E: 4.26mg (28.39%), Zinc: 4.1mg (27.36%), Fiber: 5.75g (23%), Vitamin B2: 0.37mg (22.04%), Iron: 3.96mg (22.02%), Vitamin B1: 0.31mg (20.56%), Potassium: 510.31mg (14.58%), Folate: 57.51µg (14.38%), Vitamin B6: 0.28mg (13.84%), Selenium: 6.87µg (9.82%), Calcium: 94.88mg (9.49%), Vitamin B5: 0.83mg (8.34%), Vitamin B3: 1.41mg (7.03%), Vitamin C: 3.2mg (3.88%), Vitamin A: 167.36IU (3.35%)