



WHATSheATE



Chipotle Honey Roasted Peanuts



Vegetarian



Gluten Free

READY IN



170 min.

SERVINGS



3

CALORIES



1066 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1.5 teaspoons chipotle chile powder
- ☐ 0.3 teaspoon chili powder
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 tablespoons honey
- ☐ 1 teaspoon kosher salt
- ☐ 1 pound peanuts skinless
- ☐ 0.3 cup sugar white

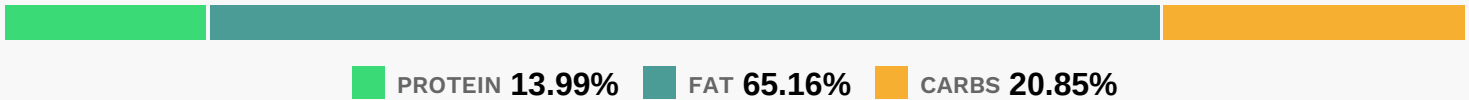
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Stir together the sugar, chipotle powder, chili powder, and garlic powder in a small bowl; set aside.
- ☐ Stir together the butter, honey, and kosher salt in a large saucepan over medium heat until the butter has melted, and the mixture is bubbly. Stir in the peanuts until well coated, then pour out into a 9x13 inch baking dish.
- ☐ Bake in preheated oven until the nuts are golden brown, about 30 minutes. Stir the mixture 2 or 3 times to ensure even cooking. Once done, scrape the peanuts into a large metal bowl, and sprinkle with the spice mixture. Toss the peanuts to evenly coat with the spice mixture. Allow the peanuts to cool to room temperature, tossing every few minutes so the nuts do not stick together.

Nutrition Facts



Properties

Glycemic Index:63.87, Glycemic Load:22.9, Inflammation Score:-9, Nutrition Score:35.419565326494%

Nutrients (% of daily need)

Calories: 1066.27kcal (53.31%), Fat: 82.77g (127.33%), Saturated Fat: 16.39g (102.45%), Carbohydrates: 59.58g (19.86%), Net Carbohydrates: 44.41g (16.15%), Sugar: 34.72g (38.57%), Cholesterol: 20.07mg (6.69%), Sodium: 874.22mg (38.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.97g (79.94%), Manganese: 4.01mg (200.55%), Vitamin B3: 24.12mg (120.6%), Folate: 363.6µg (90.9%), Magnesium: 285.18mg (71.29%), Copper: 1.37mg (68.55%), Vitamin B1: 1.02mg (68.17%), Fiber: 15.18g (60.71%), Phosphorus: 590.98mg (59.1%), Iron: 6.03mg (33.52%), Potassium: 1141.27mg (32.61%), Vitamin B5: 2.7mg (26.98%), Vitamin B6: 0.54mg (26.87%), Zinc: 3.26mg (21.76%), Calcium: 164.8mg (16.48%), Selenium: 11.32µg (16.17%), Vitamin B2: 0.22mg (12.87%), Vitamin A: 282.66IU (5.65%), Vitamin E: 0.28mg (1.88%)