



## Chipotle-Lime Mixed Nuts



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



916 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3 Tbsp brown sugar
- ☐ 2 teaspoons chipotle powder chinese (can sub chili powder, cayenne, five spice, Garam Masala, etc.)
- ☐ 2 egg whites
- ☐ 2 Tbsp juice of lime
- ☐ 2 lime zest grated
- ☐ 4 cups nuts mixed (almonds, cashews, walnuts, pecans, etc.)
- ☐ 3 teaspoons salt

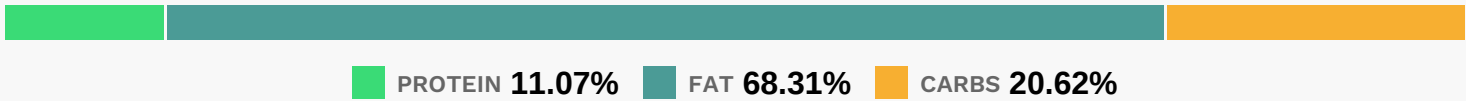
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wooden spoon

## Directions

- ☐ Preheat oven to 350°F.2 "Muddle" the grated lime zest with the salt in a large bowl by mashing it around with the back of a wooden spoon. The salt and zest should intermingle into a paste.
- ☐ Add the brown sugar and chipotle powder and mix well.3
- ☐ Whisk in the egg whites.
- ☐ Add the nuts and mix to combine, until all of the nuts are well coated. 4
- ☐ Place the nuts in a layer on a cookie sheet that has been lined with either parchment paper or Silpat.
- ☐ Bake for 15–20 minutes, or until light golden brown.
- ☐ Remove from oven, sprinkle lime juice over all the nuts and return to the oven for 2 minutes. Allow to cool before eating.

## Nutrition Facts



## Properties

Glycemic Index:16.67, Glycemic Load:7.85, Inflammation Score:-8, Nutrition Score:29.280869249416%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 15.08mg, Hesperetin: 15.08mg, Hesperetin: 15.08mg, Hesperetin: 15.08mg Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 916.03kcal (45.8%), Fat: 74.5g (114.62%), Saturated Fat: 9.95g (62.21%), Carbohydrates: 50.59g (16.86%), Net Carbohydrates: 36.37g (13.23%), Sugar: 9.53g (10.59%), Cholesterol: 0mg (0%), Sodium: 1789.95mg (77.82%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.18g (54.35%), Manganese: 2.85mg (142.56%), Copper: 1.89mg (94.64%), Magnesium: 332.52mg (83.13%), Phosphorus: 644.89mg (64.49%), Fiber: 14.22g (56.88%), Zinc: 5.63mg (37.55%), Iron: 6.37mg (35.37%), Vitamin B3: 6.93mg (34.66%), Potassium: 968.22mg (27.66%), Vitamin B6: 0.46mg (23.05%), Vitamin B2: 0.37mg (21.62%), Vitamin B1: 0.31mg (20.49%), Folate: 76.32µg (19.08%), Vitamin B5: 1.87mg (18.73%), Vitamin C: 12.99mg (15.75%), Calcium: 135.43mg (13.54%), Selenium: 3.35µg (4.79%)