



Chocolate-Drenched Chipotle-Roasted Nuts

 Gluten Free

READY IN



69 min.

SERVINGS



5

CALORIES



534 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 2 teaspoons chipotles in adobo minced
- ☐ 1 cup pecans
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup semi chocolate chips
- ☐ 1 tablespoon shortening
- ☐ 3 tablespoons sugar
- ☐ 1 cup walnut halves

- ☐ 2 tablespoons water
- ☐ 0.3 cup chocolate chips white melted

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wax paper

Directions

- ☐ Combine first 4 ingredients in a medium-size nonstick skillet. Cook over medium heat until mixture comes to a boil.
- ☐ Remove from heat; stir in butter.
- ☐ Add nuts, and gently stir to coat. Spoon coated nuts in a single layer onto a rimmed baking sheet lined with parchment paper.
- ☐ Bake at 250 for 1 hour, stirring every 15 minutes.
- ☐ Spread nuts on wax paper or parchment paper to cool, breaking apart large clumps as nuts cool.
- ☐ Melt semisweet chocolate morsels and shortening in a small saucepan over low heat, stirring until smooth.
- ☐ Remove from heat; cool slightly. Toss cooled nuts in semisweet chocolate until well coated. Return nuts to wax paper, and let harden.
- ☐ Drizzle white chocolate over nuts (do not toss).
- ☐ Let harden.
- ☐ Tip: Speed up the chocolate hardening process by popping the jelly-roll pan into the freezer for 5 to 10 minutes.

Nutrition Facts



 **PROTEIN 5.05%**  **FAT 74.75%**  **CARBS 20.2%**

Properties

Glycemic Index:44.02, Glycemic Load:9.16, Inflammation Score:-5, Nutrition Score:13.600869538991%

Flavonoids

Cyanidin: 2.76mg, Cyanidin: 2.76mg, Cyanidin: 2.76mg, Cyanidin: 2.76mg Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg

Nutrients (% of daily need)

Calories: 534.42kcal (26.72%), Fat: 46.42g (71.42%), Saturated Fat: 11.89g (74.3%), Carbohydrates: 28.23g (9.41%), Net Carbohydrates: 23.1g (8.4%), Sugar: 20.64g (22.93%), Cholesterol: 15.01mg (5%), Sodium: 279.42mg (12.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 15.48mg (5.16%), Protein: 7.05g (14.1%), Manganese: 1.93mg (96.5%), Copper: 0.84mg (42.07%), Magnesium: 93.87mg (23.47%), Fiber: 5.13g (20.51%), Phosphorus: 199.79mg (19.98%), Vitamin B1: 0.22mg (14.85%), Zinc: 2.17mg (14.47%), Iron: 2.4mg (13.32%), Potassium: 313.71mg (8.96%), Vitamin B6: 0.18mg (8.93%), Folate: 28.09µg (7.02%), Calcium: 67.63mg (6.76%), Vitamin E: 0.92mg (6.14%), Vitamin B2: 0.1mg (5.78%), Selenium: 3.92µg (5.59%), Vitamin K: 5.19µg (4.95%), Vitamin B5: 0.44mg (4.37%), Vitamin B3: 0.71mg (3.57%), Vitamin A: 167.51IU (3.35%), Vitamin B12: 0.09µg (1.54%)