



Crunchy-Sweet Nuts



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons five-spice powder chinese
- ☐ 1 cup cherries dried
- ☐ 0.8 pound nuts assorted
- ☐ 4 teaspoons sugar
- ☐ 6 teaspoons tamari sauce

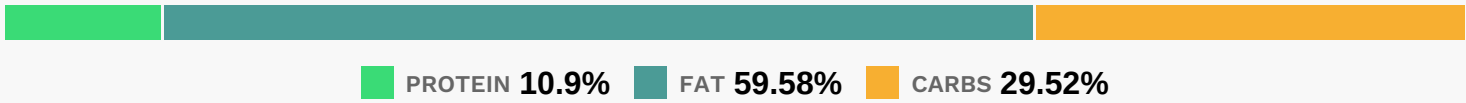
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Coat a baking sheet with cooking spray.
- ☐ Combine assorted nuts, sugar, five-spice powder, and tamari.
- ☐ Spread mixture on baking sheet; bake 1520 minutes.
- ☐ Remove from oven; add dried cherries.

Nutrition Facts



Properties

Glycemic Index:3.99, Glycemic Load:0.94, Inflammation Score:-2, Nutrition Score:2.6286956810433%

Nutrients (% of daily need)

Calories: 83.88kcal (4.19%), Fat: 5.88g (9.05%), Saturated Fat: 0.78g (4.9%), Carbohydrates: 6.55g (2.18%), Net Carbohydrates: 5.1g (1.86%), Sugar: 2.64g (2.94%), Cholesterol: 0mg (0%), Sodium: 69.09mg (3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.84%), Manganese: 0.23mg (11.59%), Copper: 0.15mg (7.46%), Magnesium: 26.45mg (6.61%), Fiber: 1.45g (5.8%), Phosphorus: 52.06mg (5.21%), Iron: 0.61mg (3.4%), Zinc: 0.45mg (3%), Vitamin B3: 0.59mg (2.94%), Vitamin A: 145.96IU (2.92%), Potassium: 74.1mg (2.12%), Vitamin B6: 0.04mg (1.88%), Vitamin B1: 0.02mg (1.62%), Vitamin B2: 0.03mg (1.49%), Folate: 5.91µg (1.48%), Vitamin B5: 0.14mg (1.43%), Calcium: 13.54mg (1.35%)