

Herbed Nuts



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



838 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 2 cups cashew pieces
- ☐ 2 tablespoons rosemary fresh minced
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.5 teaspoon ground sage
- ☐ 2 cups pecan halves
- ☐ 1 teaspoon salt

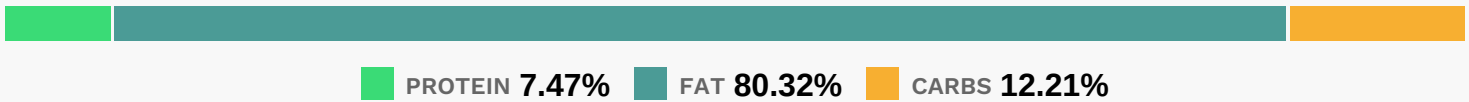
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Combine all ingredients in a large bowl; stir well.
- ☐ Spread nuts on an ungreased jellyroll pan.
- ☐ Bake at 350 for 20 to 25 minutes, stirring every 10 minutes. Cool completely in pan. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:40.55, Glycemic Load:4.7, Inflammation Score:-10, Nutrition Score:26.661304310612%

Flavonoids

Cyanidin: 5.32mg, Cyanidin: 5.32mg, Cyanidin: 5.32mg, Cyanidin: 5.32mg Delphinidin: 3.6mg, Delphinidin: 3.6mg, Delphinidin: 3.6mg, Delphinidin: 3.6mg Catechin: 3.58mg, Catechin: 3.58mg, Catechin: 3.58mg, Catechin: 3.58mg Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg

Nutrients (% of daily need)

Calories: 838.27kcal (41.91%), Fat: 79.4g (122.15%), Saturated Fat: 17.85g (111.55%), Carbohydrates: 27.15g (9.05%), Net Carbohydrates: 19.81g (7.2%), Sugar: 5.81g (6.46%), Cholesterol: 40.67mg (13.56%), Sodium: 711.24mg (30.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.61g (33.23%), Manganese: 3.34mg (167.08%), Copper: 2.02mg (101.2%), Magnesium: 252.77mg (63.19%), Phosphorus: 527.4mg (52.74%), Zinc: 6.04mg (40.24%), Vitamin B1: 0.6mg (40.17%), Iron: 5.96mg (33.14%), Fiber: 7.34g (29.36%), Vitamin K: 25.47µg (24.25%), Selenium: 14.93µg (21.33%), Vitamin B6: 0.39mg (19.47%), Potassium: 655.82mg (18.74%), Vitamin A: 717.59IU (14.35%), Vitamin E: 1.79mg (11.92%), Vitamin B5: 1.02mg (10.2%), Folate: 29.76µg (7.44%), Calcium: 74.25mg (7.42%), Vitamin B2: 0.12mg

(7.08%), Vitamin B3: 1.34mg (6.68%), Vitamin C: 4.08mg (4.95%)