



Holiday Spiced Nuts



Vegetarian



Gluten Free

READY IN



12 min.

SERVINGS



6

CALORIES



805 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup almonds smoked recommended: Diamond Smokehouse almonds
- ☐ 1 teaspoon ground anise
- ☐ 3 tablespoons butter
- ☐ 1 cup cashew pieces unsalted whole
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup hazelnuts peeled
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 1 cup pecan halves whole

- ☐ 1 teaspoon coarse pepper black
- ☐ 2 cups walnut halves

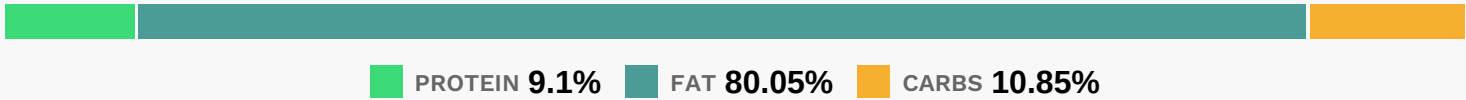
Equipment

- ☐ frying pan
- ☐ stove

Directions

- ☐ Heat a large skillet and cook nuts over moderate heat 7 to 8 minutes until golden and well toasted your nose will know when they are done.
- ☐ Transfer nuts to a plate and return pan to stove top.
- ☐ Add butter to the pan in small pieces. Melt butter and spice it with anise, cinnamon, pepper and nutmeg.
- ☐ Let butter infuse a minute then pour over nuts. Turn off heat.
- ☐ Add smoked nuts to the skillet and turn to combine evenly with butter.

Nutrition Facts



Properties

Glycemic Index:40.37, Glycemic Load:2.59, Inflammation Score:-8, Nutrition Score:28.512608764612%

Flavonoids

Cyanidin: 4.76mg, Cyanidin: 4.76mg, Cyanidin: 4.76mg, Cyanidin: 4.76mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epigallocatechin: 2.1mg, Epigallocatechin: 2.1mg, Epigallocatechin: 2.1mg, Epigallocatechin: 2.1mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 805.41kcal (40.27%), Fat: 76.59g (117.84%), Saturated Fat: 10.53g (65.81%), Carbohydrates: 23.35g (7.78%), Net Carbohydrates: 13.18g (4.79%), Sugar: 4.91g (5.45%), Cholesterol: 15.05mg (5.02%), Sodium: 48.79mg (2.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.59g (39.17%), Manganese: 4.32mg (216.13%), Copper: 1.89mg (94.49%), Vitamin E: 9.97mg (66.48%), Magnesium: 243.1mg (60.77%), Phosphorus: 485.02mg (48.5%), Fiber: 10.17g (40.68%), Vitamin B1: 0.51mg (34.19%), Zinc: 4.47mg (29.78%), Iron: 5mg (27.79%), Vitamin B6: 0.48mg (24.16%), Vitamin B2: 0.39mg (22.99%), Folate: 80.76µg (20.19%), Potassium: 705.17mg (20.15%), Calcium: 153.59mg (15.36%), Vitamin K: 12.94µg (12.33%), Selenium: 8.39µg (11.99%), Vitamin B3: 2.1mg (10.52%), Vitamin B5: 0.86mg (8.62%), Vitamin A: 200.22IU (4%), Vitamin C: 2.14mg (2.6%)