

Honey-Glazed Nuts



Vegetarian



Gluten Free

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READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

171 kcal

SIDE DISH

Ingredients



1 teaspoon butter



0.3 teaspoon ground cardamom



0.5 teaspoon ground cinnamon



0.1 teaspoon ground cloves



0.3 cup hazelnuts chopped



0.3 cup honey



0.3 cup pecans chopped



0.3 teaspoon salt

- ☐ 0.3 cup slivered almonds
- ☐ 0.3 cup sunflower seeds

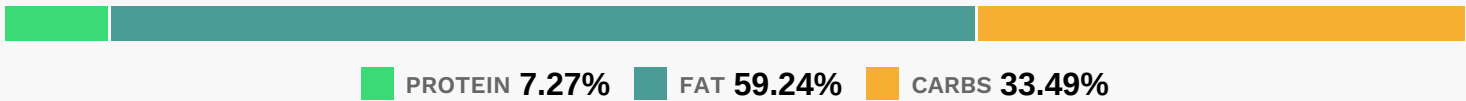
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper

Directions

- ☐ Line a baking sheet with parchment paper; coat parchment with cooking spray.
- ☐ Heat butter in a large nonstick skillet over medium-high heat. Stir in honey; cook 2 minutes or until mixture bubbles around edges of pan.
- ☐ Add almonds and remaining ingredients, and cook over medium heat 4 to 5 minutes or until nuts are golden, stirring frequently. Immediately spread onto prepared baking sheet; cool completely.
- ☐ Measure chopped nuts
- ☐ Measure sunflower seeds
- ☐ Measure spices
- ☐ Help add nuts, seeds, and spices to skillet with adult supervision

Nutrition Facts



Properties

Glycemic Index:27.88, Glycemic Load:6.31, Inflammation Score:-3, Nutrition Score:7.263478246234%

Flavonoids

Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

0.16mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 171.14kcal (8.56%), Fat: 12.12g (18.64%), Saturated Fat: 1.35g (8.47%), Carbohydrates: 15.41g (5.14%), Net Carbohydrates: 13.3g (4.83%), Sugar: 12.34g (13.71%), Cholesterol: 1.79mg (0.6%), Sodium: 103.51mg (4.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.7%), Manganese: 0.81mg (40.69%), Vitamin E: 3.96mg (26.37%), Copper: 0.29mg (14.68%), Magnesium: 44.64mg (11.16%), Vitamin B1: 0.15mg (10.29%), Phosphorus: 86.64mg (8.66%), Fiber: 2.12g (8.47%), Vitamin B6: 0.12mg (6.15%), Folate: 21.63µg (5.41%), Zinc: 0.79mg (5.27%), Vitamin B2: 0.09mg (5.21%), Selenium: 3.57µg (5.09%), Iron: 0.9mg (5%), Vitamin B3: 0.79mg (3.96%), Potassium: 131.26mg (3.75%), Calcium: 28.7mg (2.87%), Vitamin B5: 0.18mg (1.81%)