



Honey-Roasted Nuts and Fruit

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon butter
- 1 Dash ground cloves
- 0.3 teaspoon ground cardamom
- 0.5 teaspoon ground cinnamon
- 0.3 cup hazelnuts chopped
- 0.3 cup honey
- 0.3 cup pecans chopped
- 1 cup raisins

- 0.3 teaspoon salt
- 0.3 cup slivered almonds
- 0.3 cup sunflower seed kernels

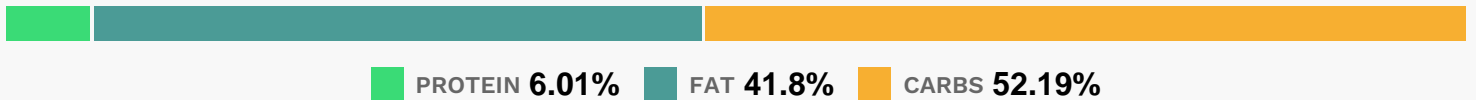
Equipment

- frying pan
- baking sheet
- baking paper
- aluminum foil

Directions

- Line a baking sheet with parchment paper or foil; coat 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 next 7 ingredients; cook over medium heat 8 minutes or until nuts are golden, stirring frequently. Stir in raisins. Immediately spread onto prepared baking sheet; cool completely.

Nutrition Facts



Properties

Glycemic Index:28.26, Glycemic Load:12.37, Inflammation Score:-2, Nutrition Score:6.8147825334707%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 182.27kcal (9.11%), Fat: 9.2g (14.15%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 25.84g (8.61%), Net Carbohydrates: 22.99g (8.36%), Sugar: 9.26g (10.29%), Cholesterol: 1.34mg (0.45%), Sodium: 82.97mg (3.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.95%), Manganese: 0.72mg (35.76%), Vitamin E: 2.98mg (19.84%), Copper: 0.28mg (13.76%), Fiber: 2.85g (11.41%), Magnesium: 39.16mg (9.79%), Vitamin B1: 0.14mg (9.08%), Phosphorus: 78.67mg (7.87%), Potassium: 248.93mg (7.11%), Iron: 1.16mg (6.42%), Vitamin B6: 0.13mg (6.33%), Vitamin B2: 0.1mg (5.86%), Folate: 16.79µg (4.2%), Zinc: 0.63mg (4.18%), Selenium: 2.79µg (3.99%), Vitamin B3: 0.8mg (3.99%), Calcium: 27.19mg (2.72%), Vitamin C: 1.38mg (1.68%), Vitamin B5: 0.14mg (1.44%)