



Honeyed Cashews with Kosher Salt

 Vegetarian  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



5

CALORIES



799 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons honey
- 4 teaspoons kosher salt
- 0.5 cup brown sugar light packed
- 4.5 cups cashew pieces raw
- 2 tablespoons vegetable oil
- 1 tablespoon water

Equipment

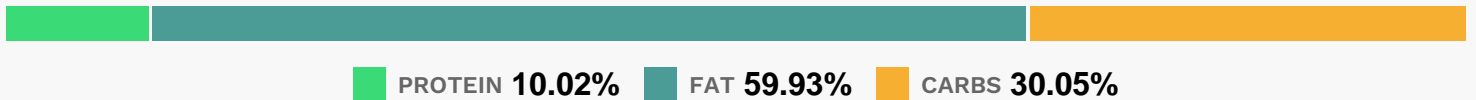
- bowl

- baking sheet
- sauce pan
- baking paper
- oven

Directions

- Heat the oven to 350°F and arrange a rack in the middle. Line a baking sheet with parchment paper. In a large bowl, toss cashews with oil until well coated; set aside.
- Combine brown sugar, water, and honey in a small saucepan, place over medium-high heat, and bring to a boil. Reduce heat to low and cook until mixture has thickened slightly, about 5 minutes.
- Drizzle over cashews and stir to coat.
- Transfer nuts to the prepared baking sheet and spread in a single layer.
- Bake until golden brown, stirring every 10 minutes, for a total of about 20 to 25 minutes.
- Sprinkle salt over nuts and stir to coat.
- Let cool completely on the baking sheet and break up any large pieces before serving.

Nutrition Facts



Properties

Glycemic Index:15.49, Glycemic Load:11.48, Inflammation Score:-8, Nutrition Score:28.803478365359%

Nutrients (% of daily need)

Calories: 799.26kcal (39.96%), Fat: 56.35g (86.69%), Saturated Fat: 9.87g (61.66%), Carbohydrates: 63.55g (21.18%), Net Carbohydrates: 59.71g (21.71%), Sugar: 35.1g (39%), Cholesterol: 0mg (0%), Sodium: 1880.96mg (81.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.2g (42.41%), Copper: 2.56mg (128.18%), Manganese: 1.95mg (97.35%), Magnesium: 341.24mg (85.31%), Phosphorus: 689.69mg (68.97%), Vitamin K: 49.59µg (47.23%), Zinc: 6.74mg (44.94%), Iron: 7.96mg (44.24%), Selenium: 23.44µg (33.49%), Vitamin B1: 0.49mg (32.74%), Vitamin B6: 0.5mg (24.76%), Potassium: 800.27mg (22.86%), Fiber: 3.85g (15.39%), Vitamin B5: 1.04mg (10.38%), Vitamin E: 1.49mg (9.93%), Folate: 29.41µg (7.35%), Vitamin B3: 1.27mg (6.34%), Calcium: 62.96mg (6.3%), Vitamin B2: 0.07mg (4.15%)