



Hot and Spicy Peanuts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



2

CALORIES



895 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons vegetable oil
- ☐ 2 garlic clove crushed
- ☐ 2 cups roasted peanuts unsalted
- ☐ 2 teaspoons chili powder
- ☐ 0.5 teaspoon salt

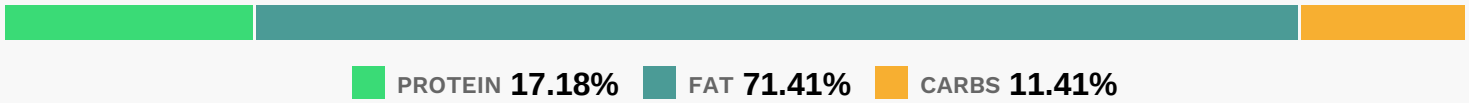
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in 8-inch skillet over medium heat. Cook garlic in oil, stirring occasionally, until garlic is golden brown; remove garlic and discard.
- ☐ Stir peanuts and chili powder into skillet. Cook over medium heat about 2 minutes, stirring occasionally, until peanuts are warm; drain.
- ☐ Sprinkle with salt. Cool completely. Store in tightly covered container at room temperature up to 1 month.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.28, Inflammation Score:-9, Nutrition Score:30.097826206166%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 895.23kcal (44.76%), Fat: 76.4g (117.54%), Saturated Fat: 11.77g (73.55%), Carbohydrates: 27.46g (9.15%), Net Carbohydrates: 13.71g (4.99%), Sugar: 0.17g (0.19%), Cholesterol: 0mg (0%), Sodium: 1246.86mg (54.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.35g (82.71%), Manganese: 3.52mg (176.2%), Vitamin B3: 22.06mg (110.28%), Magnesium: 249.02mg (62.26%), Phosphorus: 575.61mg (57.56%), Fiber: 13.75g (55.01%), Copper: 0.99mg (49.72%), Folate: 184.61µg (46.15%), Potassium: 1184.11mg (33.83%), Vitamin B1: 0.47mg (31.59%), Vitamin B6: 0.45mg (22.64%), Iron: 3.73mg (20.73%), Vitamin B5: 2.07mg (20.68%), Zinc: 3.04mg (20.28%), Selenium: 11.79µg (16.84%), Calcium: 158.39mg (15.84%), Vitamin A: 593.27IU (11.87%), Vitamin K: 10.44µg (9.94%), Vitamin B2: 0.15mg (8.6%), Vitamin E: 1.13mg (7.56%), Vitamin C: 0.95mg (1.15%)