



food
network

Hot and Sweet Smoked Nuts

 Vegetarian  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



269 kcal

SIDE DISH

Ingredients

- 2.5 cups natural almonds whole
- 0.5 teaspoon chipotle pepper powder
- 0.5 teaspoon ground cinnamon
- 3 tablespoons honey
- 3 tablespoons olive oil melted
- 0.5 teaspoon pepper flakes red crushed
- 2.5 teaspoons seasoning salt
- 1 tablespoon sugar

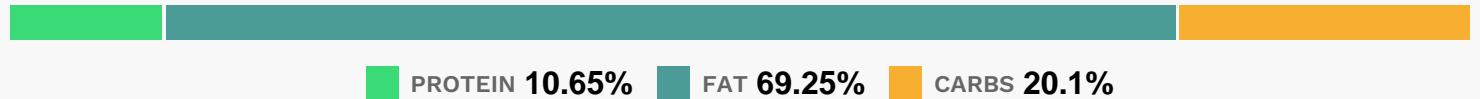
Equipment

- knife
- mixing bowl
- aluminum foil

Directions

- In a mixing bowl, combine melted butter or oil, honey, sugar and all the seasonings. Make sure that any lumps of cayenne or cinnamon are broken down and stirred into the mix. The end result is a thick, sticky seasoning mixture.
- Add nuts and stir thoroughly to coat.
- Place nuts on 1/2 of a 12-inch sheet of heavy-duty foil in a single layer. Fold over to make an envelope, pierce with a knife to make 3 (1-inch) slits.
- Place envelope on top grate of smoker and close. Smoke for 20 to 25 minutes, opening once to shake the envelope to stir it up.

Nutrition Facts



Properties

Glycemic Index:13.74, Glycemic Load:3.87, Inflammation Score:-5, Nutrition Score:11.669130508343%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 269.23kcal (13.46%), Fat: 22.07g (33.95%), Saturated Fat: 1.94g (12.15%), Carbohydrates: 14.41g (4.8%), Net Carbohydrates: 9.77g (3.55%), Sugar: 8.04g (8.93%), Cholesterol: 0mg (0%), Sodium: 583.94mg (25.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.28%), Vitamin E: 9.8mg (65.32%), Manganese: 0.84mg

(42.13%), Magnesium: 96.88mg (24.22%), Vitamin B2: 0.41mg (24.19%), Copper: 0.37mg (18.62%), Fiber: 4.64g (18.56%), Phosphorus: 172.57mg (17.26%), Calcium: 98.29mg (9.83%), Iron: 1.41mg (7.82%), Potassium: 267.89mg (7.65%), Zinc: 1.14mg (7.58%), Vitamin B3: 1.31mg (6.57%), Vitamin B1: 0.07mg (4.9%), Folate: 15.89µg (3.97%), Vitamin B6: 0.05mg (2.64%), Vitamin K: 2.67µg (2.54%), Selenium: 1.55µg (2.21%), Vitamin B5: 0.17mg (1.73%)