



HEALTH SCORE

100%

Hot Peanuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1073 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon chili powder
- 4 garlic cloves pressed
- 3 tablespoons olive oil
- 12 ounce cocktail peanuts canned
- 12 ounce peanuts spanish canned
- 1 tablespoons pepper dried red crushed
- 1 teaspoon salt

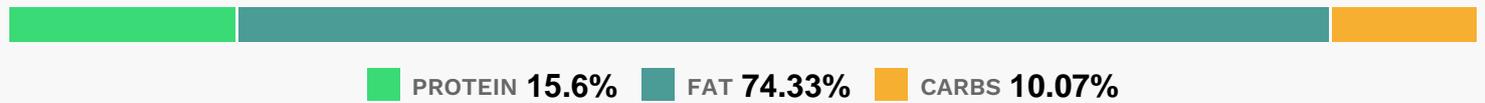
Equipment

- frying pan
- paper towels

Directions

- Cook crushed red pepper in hot oil in a large skillet 1 minute. Stir in garlic and peanuts; cook over medium heat, stirring constantly, 5 minutes.
- Remove from heat; sprinkle with salt and chili powder.
- Drain on paper towels; cool completely. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:1.81, Inflammation Score:-9, Nutrition Score:40.436086794604%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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

Nutrients (% of daily need)

Calories: 1073.19kcal (53.66%), Fat: 95.2g (146.47%), Saturated Fat: 14.51g (90.66%), Carbohydrates: 29.02g (9.67%), Net Carbohydrates: 12.02g (4.37%), Sugar: 0.19g (0.21%), Cholesterol: 0mg (0%), Sodium: 656.41mg (28.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.97g (89.95%), Manganese: 4.58mg (229.02%), Vitamin B3: 27.37mg (136.85%), Folate: 408.95µg (102.24%), Magnesium: 323.9mg (80.98%), Copper: 1.56mg (78.14%), Vitamin B1: 1.16mg (77.32%), Fiber: 17.01g (68.02%), Phosphorus: 671.32mg (67.13%), Iron: 7.15mg (39.75%), Potassium: 1321.65mg (37.76%), Vitamin B6: 0.68mg (33.81%), Vitamin B5: 3.05mg (30.47%), Zinc: 3.74mg (24.93%), Calcium: 193.62mg (19.36%), Selenium: 13.13µg (18.76%), Vitamin E: 2.37mg (15.82%), Vitamin B2: 0.25mg (14.95%), Vitamin A: 667.4IU (13.35%), Vitamin K: 8.75µg (8.33%), Vitamin C: 0.95mg (1.15%)