



HEALTH SCORE

74%

Hot Spiced Boiled Peanuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



320 min.

SERVINGS



5

CALORIES



1049 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 bay leaves
- ☐ 1 tablespoon peppercorns black
- ☐ 2 teaspoons coriander seeds
- ☐ 3 inch ginger fresh sliced
- ☐ 0.8 cup hot sauce
- ☐ 2 pounds peanuts raw
- ☐ 0.3 cup salt

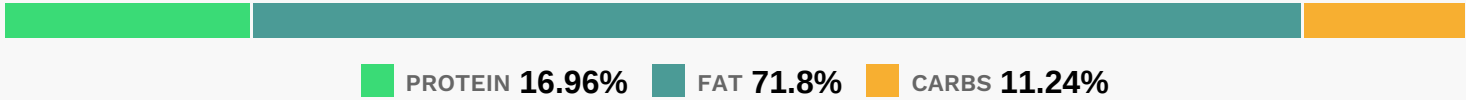
Equipment

☐ pot

Directions

- ☐ Bring all ingredients and 1 gal. water to a boil in a stockpot over high heat. Cover, reduce heat to medium-low, and cook, stirring occasionally, 4 hours or until peanuts are tender.
- ☐ Add water as needed to keep peanuts covered.
- ☐ Remove from heat; let stand, covered, 1 hour.
- ☐ Note: We tested with Texas Pete Original Hot Sauce.

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:1.98, Inflammation Score:-9, Nutrition Score:42.396956863611%

Nutrients (% of daily need)

Calories: 1049.04kcal (52.45%), Fat: 90.37g (139.03%), Saturated Fat: 13.93g (87.06%), Carbohydrates: 31.83g (10.61%), Net Carbohydrates: 13.55g (4.93%), Sugar: 0.54g (0.6%), Cholesterol: 0mg (0%), Sodium: 8537.52mg (371.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.02g (96.03%), Manganese: 5.11mg (255.51%), Vitamin B3: 29.06mg (145.29%), Folate: 438.48µg (109.62%), Magnesium: 351.01mg (87.75%), Copper: 1.69mg (84.65%), Vitamin B1: 1.24mg (82.85%), Fiber: 18.28g (73.12%), Phosphorus: 715.84mg (71.58%), Iron: 7.7mg (42.77%), Potassium: 1457.65mg (41.65%), Vitamin B6: 0.7mg (35.06%), Vitamin C: 27.32mg (33.12%), Vitamin B5: 3.29mg (32.86%), Zinc: 3.98mg (26.55%), Calcium: 215.41mg (21.54%), Selenium: 13.42µg (19.17%), Vitamin B2: 0.28mg (16.59%), Vitamin K: 4.14µg (3.94%), Vitamin A: 71.73IU (1.43%)