



Indian-Spiced Cocktail Nuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



32

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 teaspoons garam masala
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon ground pepper red
- ☐ 11.5 ounce lightly nuts mixed salted such as Planters
- ☐ 0.5 teaspoon olive oil

Equipment

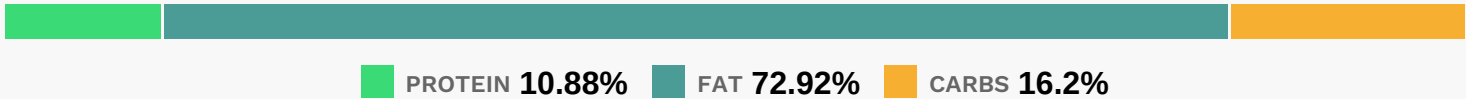
- ☐ bowl

- ☐ frying pan
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 32
- ☐ Combine all ingredients in a medium bowl, and toss well to coat.
- ☐ Spread nut mixture in a single layer on a jelly-roll pan lined with parchment paper.
- ☐ Bake at 325 for 25 minutes or until lightly toasted, stirring twice during cooking time. Cool.
- ☐ Note: Store nuts, tightly covered, up to one week.

Nutrition Facts



Properties

Glycemic Index:2.08, Glycemic Load:0.5, Inflammation Score:-1, Nutrition Score:2.081304355241%

Nutrients (% of daily need)

Calories: 61.65kcal (3.08%), Fat: 5.32g (8.19%), Saturated Fat: 0.71g (4.46%), Carbohydrates: 2.66g (0.89%), Net Carbohydrates: 1.72g (0.62%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 1.34mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.57%), Manganese: 0.21mg (10.46%), Copper: 0.13mg (6.54%), Magnesium: 23.13mg (5.78%), Phosphorus: 44.57mg (4.46%), Fiber: 0.94g (3.77%), Zinc: 0.39mg (2.6%), Vitamin B3: 0.48mg (2.42%), Iron: 0.41mg (2.25%), Potassium: 62.11mg (1.77%), Vitamin B6: 0.03mg (1.54%), Vitamin B1: 0.02mg (1.38%), Folate: 5.12µg (1.28%), Vitamin B5: 0.12mg (1.23%), Vitamin B2: 0.02mg (1.22%)