



Indian-Spiced Roasted Nuts



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup blanched almonds and
- ☐ 1.5 teaspoons brown sugar
- ☐ 1 teaspoon canola oil
- ☐ 0.3 cup cashew pieces
- ☐ 0.1 teaspoon ground cardamom
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.3 cup hazelnuts

- ☐ 1.5 teaspoons honey
- ☐ 1 Dash pepper black freshly ground
- ☐ 0.1 teaspoon salt

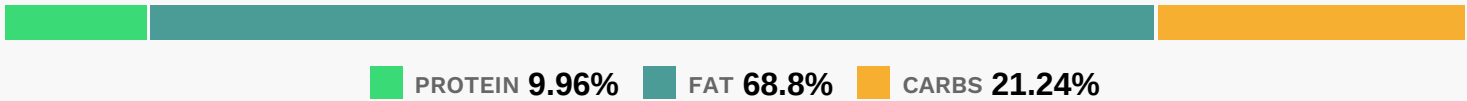
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat oven to 35
- ☐ Combine the first 8 ingredients in a microwave-safe bowl. Microwave at HIGH for 30 seconds; stir until blended.
- ☐ Add nuts to sugar mixture; toss to coat.
- ☐ Spread nuts evenly on a baking sheet lined with parchment paper.
- ☐ Bake at 350 for 15 minutes or until golden brown. Cool.

Nutrition Facts



Properties

Glycemic Index:11.21, Glycemic Load:0.59, Inflammation Score:-1, Nutrition Score:2.4608695605851%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 53.88kcal (2.69%), Fat: 4.41g (6.78%), Saturated Fat: 0.45g (2.81%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 2.39g (0.87%), Sugar: 1.59g (1.77%), Cholesterol: 0mg (0%), Sodium: 25.29mg (1.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.87%), Manganese: 0.29mg (14.45%), Vitamin E: 1.08mg (7.21%), Copper: 0.13mg (6.5%), Magnesium: 19.16mg (4.79%), Phosphorus: 35.92mg (3.59%), Fiber: 0.67g (2.69%), Iron: 0.41mg (2.26%), Vitamin B1: 0.03mg (2.17%), Zinc: 0.3mg (2%), Potassium: 54.12mg (1.55%), Vitamin K: 1.59µg (1.52%), Vitamin B6: 0.03mg (1.45%), Vitamin B2: 0.02mg (1.38%), Calcium: 11.97mg (1.2%), Folate: 4.81µg (1.2%)