



Jalapeño Nut Mix



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



930 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup brazil nuts
- ☐ 0.3 cup butter
- ☐ 1 teaspoon mustard dry
- ☐ 1 cup dry-roasted peanuts
- ☐ 1.5 teaspoons garlic powder
- ☐ 1 tablespoon hot sauce
- ☐ 0.3 cup jalapeno pepper sauce
- ☐ 1 cup pecan halves

- ☐ 1.5 teaspoons salt
- ☐ 1 cup almonds whole
- ☐ 1 tablespoon worcestershire sauce

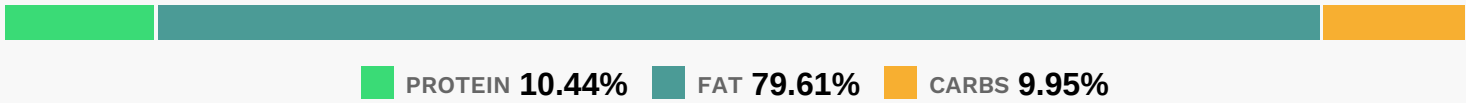
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Combine first 4 ingredients in a 15- x 10- x 1-inch jellyroll pan.
- ☐ Bake at 325 for 10 minutes.
- ☐ Combine butter and next 6 ingredients in a saucepan; cook over medium heat, stirring constantly, until butter melts.
- ☐ Pour over nuts, stirring to coat.
- ☐ Bake an additional 20 minutes, stirring once.
- ☐ Spread nuts on paper towels to cool.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.75, Inflammation Score:-9, Nutrition Score:34.578260540314%

Flavonoids

Cyanidin: 3.54mg, Cyanidin: 3.54mg, Cyanidin: 3.54mg, Cyanidin: 3.54mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Epigallocatechin: 2.32mg, Epigallocatechin: 2.32mg, Epigallocatechin: 2.32mg, Epigallocatechin: 2.32mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.15mg,

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: 929.55kcal (46.48%), Fat: 86.87g (133.64%), Saturated Fat: 13.09g (81.84%), Carbohydrates: 24.43g (8.14%), Net Carbohydrates: 12.34g (4.49%), Sugar: 3.32g (3.69%), Cholesterol: 0mg (0%), Sodium: 1835.73mg (79.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.62g (51.25%), Manganese: 3.75mg (187.57%), Magnesium: 311.37mg (77.84%), Vitamin E: 11.66mg (77.77%), Copper: 1.52mg (75.83%), Phosphorus: 595.11mg (59.51%), Selenium: 40.72µg (58.18%), Vitamin B1: 0.75mg (49.98%), Fiber: 12.09g (48.35%), Vitamin B3: 8.11mg (40.57%), Vitamin B2: 0.52mg (30.3%), Zinc: 4.46mg (29.75%), Potassium: 911.39mg (26.04%), Iron: 4.07mg (22.61%), Vitamin C: 18.29mg (22.17%), Calcium: 209.96mg (21%), Folate: 71.71µg (17.93%), Vitamin B6: 0.29mg (14.38%), Vitamin A: 562.88IU (11.26%), Vitamin B5: 1.02mg (10.16%), Vitamin K: 1.5µg (1.43%)