



Nat's Buttery Cashew Crunch

 Vegetarian  Gluten Free

READY IN

ready

19 min.

SERVINGS

servings

6

CALORIES

calories

703 kcal

SIDE DISH

Ingredients

- ☐ 10 ounces cashew pieces
- ☐ 1 tablespoon plus light
- ☐ 0.3 teaspoon salt
- ☐ 1 cup butter unsalted
- ☐ 1.3 cups sugar white

Equipment

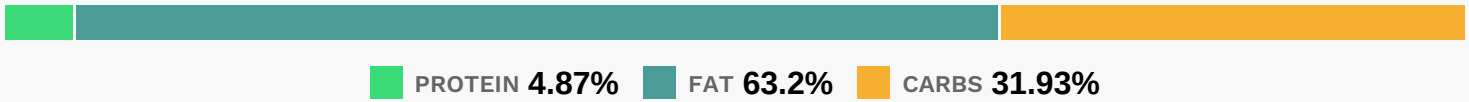
- ☐ baking sheet
- ☐ sauce pan

☐ wooden spoon

Directions

- ☐ Generously butter or grease a large baking sheet, and set aside.
- ☐ In a saucepan over medium heat, combine the butter, sugar, salt and corn syrup. Cook, stirring until butter is melted. Stir in the cashews, and increase the heat to high.
- ☐ Heat to 300 to 310 degrees F (149 to 154 degrees C), or until a small amount of syrup dropped into cold water forms hard, brittle threads. Stir occasionally with a long handled wooden spoon so the cashews do not burn.
- ☐ Pour onto a greased baking sheet, and allow to cool for about 10 minutes. Break into pieces, and store in an airtight container lined with waxed paper.

Nutrition Facts



Properties

Glycemic Index:19.05, Glycemic Load:32.82, Inflammation Score:-7, Nutrition Score:13.534347851639%

Nutrients (% of daily need)

Calories: 703.35kcal (35.17%), Fat: 51.55g (79.3%), Saturated Fat: 23.11g (144.45%), Carbohydrates: 58.6g (19.53%), Net Carbohydrates: 57.04g (20.74%), Sugar: 47.21g (52.46%), Cholesterol: 81.34mg (27.11%), Sodium: 109.42mg (4.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.93g (17.86%), Copper: 1.05mg (52.31%), Manganese: 0.79mg (39.27%), Magnesium: 138.76mg (34.69%), Phosphorus: 289.27mg (28.93%), Vitamin A: 945.46IU (18.91%), Zinc: 2.79mg (18.57%), Vitamin K: 18.76µg (17.87%), Iron: 3.19mg (17.7%), Selenium: 10.06µg (14.37%), Vitamin B1: 0.2mg (13.59%), Vitamin B6: 0.2mg (9.91%), Potassium: 321.81mg (9.19%), Vitamin E: 1.3mg (8.69%), Fiber: 1.56g (6.24%), Vitamin B5: 0.45mg (4.5%), Vitamin D: 0.57µg (3.78%), Folate: 12.95µg (3.24%), Vitamin B2: 0.05mg (2.83%), Calcium: 27.52mg (2.75%), Vitamin B3: 0.52mg (2.59%), Vitamin B12: 0.06µg (1.07%)