



Quick Party Nuts



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



1160 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 2 tablespoons chili powder
- ☐ 0.5 teaspoon cumin
- ☐ 0.5 teaspoon ground pepper red
- ☐ 2 teaspoons lime rind grated
- ☐ 2 cups pecan halves
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups sugar divided

- ☐ 4 cups warm water
- ☐ 2 cups almonds whole

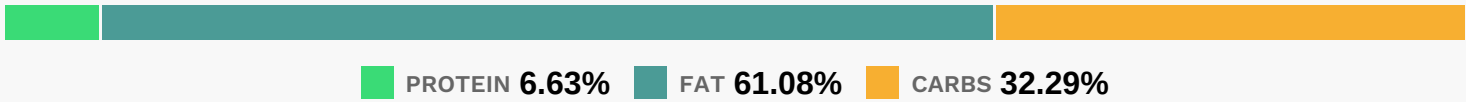
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wax paper

Directions

- ☐ Place pecans and almonds in a large bowl; stir in 1 cup sugar and 4 cups warm water.
- ☐ Let stand 10 minutes.
- ☐ Drain well; return to bowl.
- ☐ Pour butter over nuts, stirring to coat.
- ☐ Stir together remaining 1/2 cup sugar, chili powder, and next 4 ingredients; pour over nut mixture, tossing to coat.
- ☐ Spread in a single layer on a 15- x 10-inch jellyroll pan.
- ☐ Bake at 350 for 30 to 35 minutes, stirring occasionally. Arrange in a single layer on wax paper, and let cool. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:39.77, Glycemic Load:53.27, Inflammation Score:-9, Nutrition Score:32.490434796266%

Flavonoids

Cyanidin: 7.08mg, Cyanidin: 7.08mg, Cyanidin: 7.08mg, Cyanidin: 7.08mg Delphinidin: 3.6mg, Delphinidin: 3.6mg, Delphinidin: 3.6mg, Delphinidin: 3.6mg Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg Epigallocatechin: 4.64mg, Epigallocatechin: 4.64mg, Epigallocatechin: 4.64mg, Epigallocatechin: 4.64mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 1160.1kcal (58.01%), Fat: 83.65g (128.69%), Saturated Fat: 8.26g (51.6%), Carbohydrates: 99.5g (33.17%), Net Carbohydrates: 84.29g (30.65%), Sugar: 80.26g (89.18%), Cholesterol: 0mg (0%), Sodium: 503.88mg (21.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.44g (40.89%), Manganese: 3.95mg (197.32%), Vitamin E: 21.05mg (140.32%), Copper: 1.42mg (70.88%), Magnesium: 263.06mg (65.76%), Fiber: 15.2g (60.81%), Vitamin B2: 0.94mg (55.29%), Phosphorus: 498.45mg (49.85%), Vitamin A: 1829.62IU (36.59%), Vitamin B1: 0.49mg (32.49%), Zinc: 4.7mg (31.31%), Iron: 4.83mg (26.82%), Calcium: 255.5mg (25.55%), Potassium: 823.09mg (23.52%), Vitamin B3: 3.67mg (18.35%), Vitamin B6: 0.29mg (14.73%), Folate: 43.98µg (11%), Selenium: 6.12µg (8.74%), Vitamin B5: 0.81mg (8.12%), Vitamin K: 6.18µg (5.89%), Vitamin C: 1.1mg (1.34%)