



Rosemary Roasted Cashews

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



3

CALORIES



1092 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter melted
- 1.3 pounds cashew nuts
- 0.5 teaspoon cayenne
- 2 teaspoons brown sugar dark
- 2 tablespoons rosemary leaves fresh coarsely chopped
- 2 teaspoons kosher salt

Equipment

- bowl

baking sheet

oven

Directions

Watch how to make this recipe.

Preheat the oven to 375 degrees F.

Place the nuts on an ungreased baking sheet and bake for about 10 minutes until they are warmed through. Meanwhile, combine the rosemary, pepper, sugar, salt and butter in a large bowl. Toss the warm nuts with the rosemary mixture until the nuts are completely coated.

Serve warm.

Nutrition Facts

 **PROTEIN 11.92%** **FAT 67.34%** **CARBS 20.74%**

Properties

Glycemic Index:35.73, Glycemic Load:12.84, Inflammation Score:-9, Nutrition Score:38.695651774821%

Flavonoids

Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 1091.55kcal (54.58%), Fat: 86.8g (133.53%), Saturated Fat: 17.16g (107.23%), Carbohydrates: 60.14g (20.05%), Net Carbohydrates: 53.63g (19.5%), Sugar: 13.79g (15.33%), Cholesterol: 10.03mg (3.34%), Sodium: 1604.2mg (69.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.56g (69.12%), Copper: 4.16mg (207.81%), Manganese: 3.15mg (157.65%), Magnesium: 553.96mg (138.49%), Phosphorus: 1123.83mg (112.38%), Zinc: 10.95mg (73.02%), Iron: 12.77mg (70.96%), Vitamin K: 65.04µg (61.94%), Selenium: 37.72µg (53.89%), Vitamin B1: 0.8mg (53.42%), Vitamin B6: 0.8mg (40.1%), Potassium: 1267.99mg (36.23%), Fiber: 6.52g (26.06%), Vitamin B5: 1.65mg (16.52%), Vitamin E: 1.91mg (12.72%), Folate: 49.22µg (12.31%), Vitamin B3: 2.05mg (10.27%), Calcium: 78.94mg (7.89%), Vitamin B2: 0.12mg (6.84%), Vitamin A: 294.31IU (5.89%), Vitamin C: 1.49mg (1.81%)