



Sara Kate Gillingham-Ryan's Maple-Bacon Spiced Nuts



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



281 kcal

SIDE DISH

Ingredients

- ☐ 4 slices bacon
- ☐ 2 tablespoons t brown sugar dark
- ☐ 0.3 teaspoon ground pepper to taste
- ☐ 1 large egg whites lightly beaten
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground ginger

- ☐ 1 tablespoon maple syrup
- ☐ 2 cups nuts mixed raw
- ☐ 1 tablespoon sea salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ spatula

Directions

- ☐ Preheat the oven to 350°F.
- ☐ Put the nuts in a bowl and add the egg white. Toss to coat the nuts evenly.
- ☐ In another bowl, stir together the brown sugar, salt, cumin, cinnamon, cayenne, and ginger.
- ☐ Add the spice mixture to the nuts and toss again to coat evenly.
- ☐ Line a rimmed baking sheet with parchment paper. Scrape the nuts onto the prepared pan and spread in a single layer.
- ☐ Bake, stirring often to break up any clumps, until the nuts are lightly toasted, 15–20 minutes. Using a spatula, transfer the nuts to a plate and spread them in a single layer to cool. Leave the oven on and reserve the parchment-lined baking sheet.
- ☐ Brush the bacon slices with the maple syrup and arrange in a single layer on the reserved baking sheet.
- ☐ Bake, turning once, until crisp on both sides, about 20 minutes total.
- ☐ Transfer the bacon to paper towels to drain.
- ☐ Let cool, then break into small pieces. In a serving bowl, toss together the bacon and the toasted nuts, then serve.

Nutrition Facts



 **PROTEIN 10.98%**  **FAT 69.91%**  **CARBS 19.11%**

Properties

Glycemic Index:13.52, Glycemic Load:2.37, Inflammation Score:-4, Nutrition Score:8.434347829417%

Nutrients (% of daily need)

Calories: 281.04kcal (14.05%), Fat: 22.94g (35.29%), Saturated Fat: 3.95g (24.7%), Carbohydrates: 14.11g (4.7%), Net Carbohydrates: 10.8g (3.93%), Sugar: 4.45g (4.94%), Cholesterol: 7.26mg (2.42%), Sodium: 957.36mg (41.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.11g (16.21%), Manganese: 0.8mg (39.89%), Copper: 0.47mg (23.5%), Magnesium: 84.32mg (21.08%), Phosphorus: 174.13mg (17.41%), Fiber: 3.31g (13.25%), Vitamin B3: 2.16mg (10.81%), Zinc: 1.53mg (10.2%), Iron: 1.52mg (8.43%), Vitamin B2: 0.13mg (7.76%), Potassium: 257.81mg (7.37%), Vitamin B1: 0.11mg (7.01%), Vitamin B6: 0.14mg (6.99%), Vitamin B5: 0.51mg (5.07%), Folate: 18.29µg (4.57%), Selenium: 3.12µg (4.46%), Calcium: 33.75mg (3.37%)