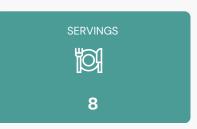


Sara Kate Gillingham-Ryan's Maple-Bacon Spiced Nuts







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
П	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: Og (100%), Alcohol %: O% (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%)