



Screaming Hot Peanuts

 Vegetarian  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



245 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon ancho chili powder
- 1 teaspoon cayenne pepper
- 2 teaspoons cumin
- 5 chiles dried
- 2 cups roasted peanuts unsalted dry
- 1 egg white
- 0.5 teaspoon garlic powder
- 1 tablespoon kosher salt

- 0.3 cup sugar
- 1 tablespoon water

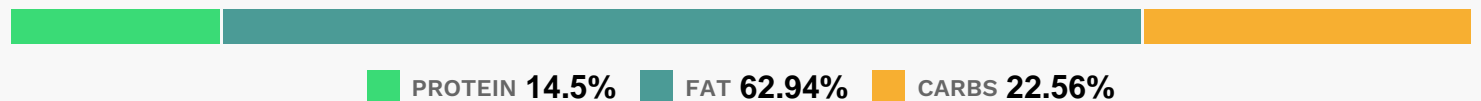
Equipment

- bowl
- frying pan
- oven
- whisk
- spatula

Directions

- Preheat oven to 250 degrees F.
- Whisk egg white until foamy in a medium bowl.
- Whisk in sugar, water, salt, cumin, cayenne, garlic and ancho powders. Toss nuts in mixture until well coated.
- Spray a sheet pan with nonstick cooking spray or line with parchment.
- Spread nuts out on the prepared pan in a single layer. Cook for 45 minutes until slightly golden, turning nuts with a spatula every 15 minutes so they toast evenly and don't stick.
- Set the nuts aside, stirring periodically as they cool. When completely cool, transfer to serving bowl and garnish with dried red chiles if desired.

Nutrition Facts



Properties

Glycemic Index:14.01, Glycemic Load:4.4, Inflammation Score:-5, Nutrition Score:8.69782603937%

Nutrients (% of daily need)

Calories: 244.92kcal (12.25%), Fat: 18.36g (28.24%), Saturated Fat: 2.84g (17.75%), Carbohydrates: 14.81g (4.94%), Net Carbohydrates: 11.47g (4.17%), Sugar: 8.23g (9.15%), Cholesterol: 0mg (0%), Sodium: 883.99mg (38.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.51g (19.03%), Manganese: 0.79mg (39.57%), Vitamin B3:

5.35mg (26.74%), Magnesium: 68.24mg (17.06%), Phosphorus: 137.93mg (13.79%), Fiber: 3.34g (13.35%), Vitamin E: 1.95mg (13%), Vitamin B6: 0.19mg (9.34%), Folate: 36.15µg (9.04%), Copper: 0.17mg (8.34%), Potassium: 262.32mg (7.49%), Zinc: 1.06mg (7.06%), Selenium: 4.31µg (6.16%), Vitamin B2: 0.1mg (5.81%), Iron: 0.99mg (5.51%), Vitamin B5: 0.52mg (5.22%), Vitamin A: 230.21IU (4.6%), Vitamin B1: 0.06mg (4.06%), Calcium: 27.82mg (2.78%)