



Slow-Cooker Brown Sugar Party Nuts

 Gluten Free  Dairy Free

READY IN



245 min.

SERVINGS



21

CALORIES



203 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups cashew pieces whole
- ☐ 1.5 cups almonds whole
- ☐ 1.5 cups cashew pieces
- ☐ 0.7 cup brown sugar packed
- ☐ 3 tablespoons butter melted
- ☐ 2 teaspoons chili powder
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon ground cinnamon

☐ 0.3 teaspoon ground pepper red (cayenne)

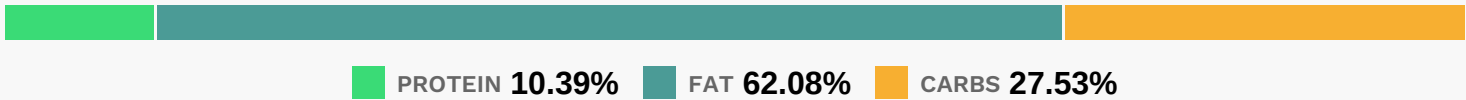
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Spray 2 1/2- to 3 1/2-quart slow cooker with cooking spray. In slow cooker, mix cashews, almonds and pecans. In small bowl, mix remaining ingredients.
- ☐ Pour over nuts; stir until completely coated.
- ☐ Cover; cook on Low heat setting 2 hours, stirring after 1 hour. Lightly grease sheet of waxed paper; spread coated nuts in single layer on waxed paper. Cool completely, about 2 hours.

Nutrition Facts



Properties

Glycemic Index:4.64, Glycemic Load:1.34, Inflammation Score:-4, Nutrition Score:8.1895651991439%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 202.7kcal (10.14%), Fat: 14.82g (22.8%), Saturated Fat: 2.16g (13.51%), Carbohydrates: 14.79g (4.93%), Net Carbohydrates: 12.8g (4.66%), Sugar: 8.33g (9.25%), Cholesterol: 0mg (0%), Sodium: 81.63mg (3.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.16%), Manganese: 0.56mg (27.75%), Copper: 0.52mg (25.76%), Magnesium: 82.43mg (20.61%), Vitamin E: 2.92mg (19.49%), Phosphorus: 159.82mg (15.98%), Iron: 1.7mg (9.44%), Zinc: 1.4mg (9.3%), Fiber: 1.98g (7.93%), Vitamin B2: 0.13mg (7.64%), Vitamin B1: 0.1mg (6.64%), Vitamin K: 6.52µg (6.21%), Potassium: 211.04mg (6.03%), Selenium: 4.21µg (6.02%), Vitamin B6: 0.1mg (4.93%), Calcium: 41.87mg

(4.19%), Vitamin B3: 0.6mg (2.99%), Vitamin A: 138.17IU (2.76%), Folate: 9.27µg (2.32%), Vitamin B5: 0.22mg (2.2%)