



## Slow-Cooker Spiced Party Nut Mix

 Dairy Free

READY IN



260 min.

SERVINGS



26

CALORIES



346 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 tablespoons butter melted
- 1 oz taco seasoning
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground pepper red (cayenne)
- 2 cups cashew pieces
- 2 cups roasted cashews unsalted
- 2 cups walnut halves
- 2 cups almonds whole

- 3 cups round buttery crackers
- 2 cups pretzel nuggets

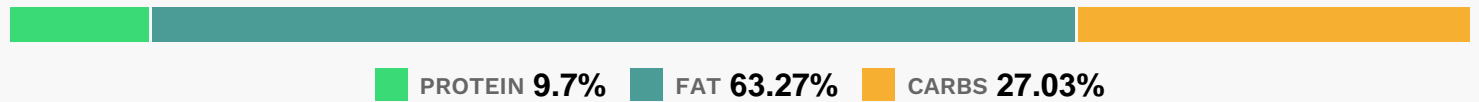
## Equipment

- slow cooker

## Directions

- In 4- to 5-quart slow cooker, mix butter, taco seasoning mix, cinnamon and red pepper.
- Add remaining ingredients; toss gently.
- Cook uncovered on Low heat setting 3 to 4 hours, stirring every 30 minutes, until nuts are toasted. Turn off slow cooker.
- Serve with large serving spoon.

## Nutrition Facts



## Properties

Glycemic Index:3.55, Glycemic Load:0.9, Inflammation Score:-6, Nutrition Score:11.588695613748%

## Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg 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: 345.79kcal (17.29%), Fat: 25.43g (39.12%), Saturated Fat: 3.93g (24.59%), Carbohydrates: 24.45g (8.15%), Net Carbohydrates: 21.17g (7.7%), Sugar: 3.96g (4.4%), Cholesterol: 1.24mg (0.41%), Sodium: 358.48mg (15.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.77g (17.54%), Manganese: 0.86mg (43.05%), Copper: 0.72mg (35.85%), Magnesium: 101.78mg (25.45%), Vitamin E: 3.41mg (22.76%), Phosphorus: 214.28mg (21.43%), Fiber: 3.28g (13.12%), Iron: 2.36mg (13.09%), Zinc: 1.83mg (12.19%), Vitamin B2: 0.19mg (10.91%), Vitamin K: 10.78µg (10.27%), Vitamin B1: 0.15mg (9.82%), Potassium: 255.67mg (7.3%), Folate: 28.45µg (7.11%), Vitamin B6: 0.14mg (6.84%),

Calcium: 64.2mg (6.42%), Selenium: 4.42µg (6.32%), Vitamin B3: 1.09mg (5.47%), Vitamin A: 240.37IU (4.81%),  
Vitamin B5: 0.35mg (3.45%)