



Spiced Boca Nuts



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



799 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup coconut flakes flaked
- ☐ 2 teaspoons curry powder
- ☐ 1 egg whites
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 pound nuts mixed
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar

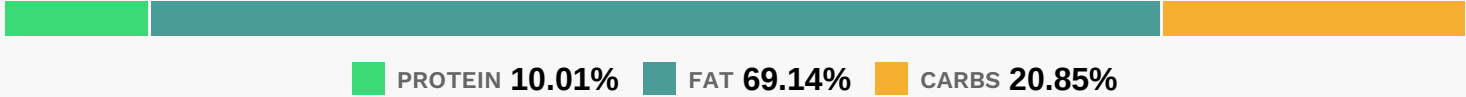
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Combine first 5 ingredients in a large bowl.
- ☐ Whisk egg white in a separate bowl 1 minute or until foamy. Stir nuts into egg white. Stir together coated nuts and coconut mixture.
- ☐ Spread in a single layer on a greased jellyroll pan.
- ☐ Bake at 300 for 25 to 30 minutes or until golden brown. Cool in pan on wire rack. (Nuts will crisp as they cool.)
- ☐ Note: Store in an airtight container at room temperature up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:34.19, Glycemic Load:14.25, Inflammation Score:-8, Nutrition Score:23.99130445654%

Nutrients (% of daily need)

Calories: 799.18kcal (39.96%), Fat: 65.4g (100.62%), Saturated Fat: 13.93g (87.04%), Carbohydrates: 44.38g (14.79%), Net Carbohydrates: 32.09g (11.67%), Sugar: 13.34g (14.83%), Cholesterol: 0mg (0%), Sodium: 612.02mg (26.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.3g (42.6%), Manganese: 2.54mg (126.76%), Copper: 1.55mg (77.32%), Magnesium: 268.18mg (67.05%), Phosphorus: 519.97mg (52%), Fiber: 12.29g (49.15%), Zinc: 4.57mg (30.46%), Vitamin B3: 5.44mg (27.21%), Iron: 4.87mg (27.04%), Potassium: 763.96mg (21.83%), Vitamin B6: 0.38mg (19.05%), Vitamin B2: 0.28mg (16.24%), Vitamin B1: 0.24mg (15.75%), Folate: 59.56µg (14.89%), Vitamin B5: 1.47mg (14.66%), Calcium: 88.02mg (8.8%), Selenium: 3.72µg (5.31%), Vitamin E: 0.29mg (1.9%), Vitamin A: 52.88IU (1.06%), Vitamin K: 1.08µg (1.03%)