



Spiced Candied Cashews



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



551 kcal

SIDE DISH

Ingredients

- ☐ 2 cups cashew pieces raw unsalted
- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 teaspoon kosher salt
- ☐ 1 cup sugar
- ☐ 1.5 cups water

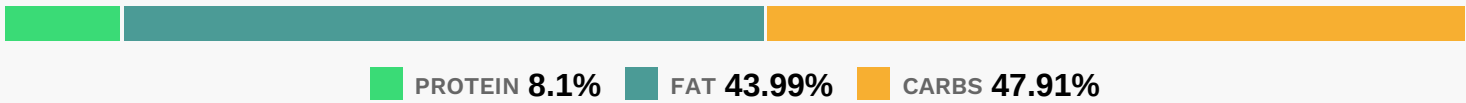
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper

Directions

- ☐ Watch how to make this recipe.
- ☐ Line a baking sheet with parchment paper.
- ☐ Put the nuts, sugar, water, and salt into a large skillet over high heat. Bring the mixture to a boil, stirring frequently, and cook until the water is nearly evaporated and the liquid becomes syrupy, about 10 minutes.
- ☐ Meanwhile, mix the spices together in a small bowl.
- ☐ After 10 minutes, sprinkle the spices over the nuts and stir well. Continue stirring constantly while the water evaporates completely, about 5 minutes. When there is no longer any sugar syrup left in the bottom of the pan, turn off the heat and stir the nuts vigorously but carefully in the pan until the sugar seizes up and the nuts are evenly coated with crystallized sugar.
- ☐ Turn the nuts out onto the lined baking sheet and spread into an even layer. Cool completely before sifting the excess sugar from the coated nuts and storing in an airtight container.
- ☐ Cook's Note: DO NOT touch the nuts at any time while cooking or just afterward. Cooked sugar is extremely hot and can burn instantly when touched.

Nutrition Facts



Properties

Glycemic Index:26.32, Glycemic Load:39.28, Inflammation Score:-6, Nutrition Score:16.780434793266%

Nutrients (% of daily need)

Calories: 551.03kcal (27.55%), Fat: 28.47g (43.79%), Saturated Fat: 5.03g (31.43%), Carbohydrates: 69.74g (23.25%), Net Carbohydrates: 67.41g (24.51%), Sugar: 53.73g (59.7%), Cholesterol: 0mg (0%), Sodium: 594.16mg (25.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.8g (23.6%), Copper: 1.44mg (71.82%), Manganese: 1.23mg (61.64%), Magnesium: 190.21mg (47.55%), Phosphorus: 383.29mg (38.33%), Zinc: 3.77mg (25.11%), Iron: 4.43mg (24.59%), Vitamin K: 22.07µg (21.02%), Selenium: 13.28µg (18.98%), Vitamin B1: 0.27mg (18.22%), Vitamin

B6: 0.27mg (13.56%), Potassium: 432.6mg (12.36%), Fiber: 2.33g (9.33%), Vitamin B5: 0.56mg (5.59%), Folate: 16.17µg (4.04%), Vitamin E: 0.59mg (3.91%), Vitamin B3: 0.71mg (3.57%), Calcium: 30.66mg (3.07%), Vitamin B2: 0.05mg (2.8%)