

Spiced cashew nuts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



299 kcal

SIDE DISH

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 2 spring onion finely sliced
- ☐ 1 pinch pepper
- ☐ 1 lemon grass very finely sliced
- ☐ 1 large pinch brown sugar
- ☐ 300 g cashew pieces

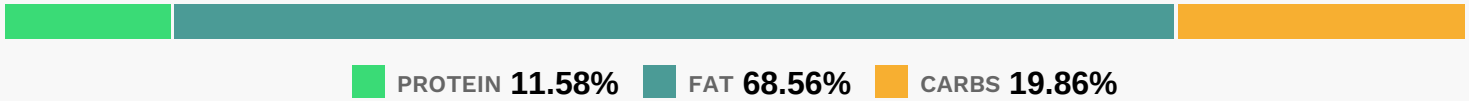
Equipment

- ☐ wok

Directions

- ☐ Heat the vegetable oil in a wok.
- ☐ Add the spring onions, pinch chilli flakes, lemongrass and brown sugar along with the cashews.
Fry until the nuts look burnished. Season and cool.

Nutrition Facts



Properties

Glycemic Index:9.53, Glycemic Load:3.45, Inflammation Score:-6, Nutrition Score:13.506087080292%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 299.32kcal (14.97%), Fat: 24.21g (37.24%), Saturated Fat: 4.24g (26.5%), Carbohydrates: 15.77g (5.26%), Net Carbohydrates: 14.01g (5.1%), Sugar: 3.21g (3.57%), Cholesterol: 0mg (0%), Sodium: 7.01mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.2g (18.4%), Copper: 1.1mg (55.16%), Manganese: 0.88mg (43.89%), Magnesium: 147.34mg (36.83%), Phosphorus: 298.88mg (29.89%), Vitamin K: 29.52µg (28.11%), Zinc: 2.92mg (19.5%), Iron: 3.47mg (19.29%), Vitamin B1: 0.21mg (14.29%), Selenium: 9.99µg (14.26%), Vitamin B6: 0.21mg (10.6%), Potassium: 347.61mg (9.93%), Fiber: 1.76g (7.04%), Vitamin E: 0.66mg (4.43%), Vitamin B5: 0.44mg (4.36%), Folate: 15.69µg (3.92%), Vitamin B3: 0.56mg (2.82%), Calcium: 22.11mg (2.21%), Vitamin B2: 0.03mg (1.97%), Vitamin C: 1.02mg (1.24%)