



Spiced Mixed Nuts

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



883 kcal

SEASONING

MARINADE

Ingredients

- 0.3 cup butter melted ()
- 0.5 teaspoon ground pepper
- 1 tablespoon chili powder
- 2 large egg whites
- 6 cups pistachios mixed (any combination of untoasted walnuts, pecans, cashews, and pistachios)
- 2.5 tablespoons old bay seasoning
- 0.3 cup parmesan finely grated
- 0.5 teaspoon salt

- 0.7 cup sugar
- 2 teaspoons worcestershire sauce

Equipment

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to 300 F. Line 2 large baking sheets with foil or parchment. Grease lightly and set aside. Position a rack in center of oven. In a large bowl, beat the egg whites until foamy. Gradually add the sugar, beating to a loose, meringuelike texture. Beat in the Old Bay Seasoning, Worcestershire sauce, chili powder, cayenne, and salt.
- Add the nuts and butter and stir well to coat evenly.
- Add the Parmesan and mix again. Divide the nuts between the baking sheets, spreading evenly in a single layer. Roast for 30 to 40 minutes to a golden brown (do not allow the nuts to darken too much), rotating the sheets during cooking for even roasting. Line a work surface with foil or parchment. After removing the nuts from oven, immediately slide them onto the foil or parchment. Cool completely. Store, refrigerated, in an airtight container for up to 3 weeks.

Nutrition Facts

 **PROTEIN 12.2%**  **FAT 62.83%**  **CARBS 24.97%**

Properties

Glycemic Index:32.85, Glycemic Load:19.39, Inflammation Score:-9, Nutrition Score:32.64869596388%

Flavonoids

Cyanidin: 9.02mg, Cyanidin: 9.02mg, Cyanidin: 9.02mg, Cyanidin: 9.02mg Catechin: 4.39mg, Catechin: 4.39mg, Catechin: 4.39mg, Catechin: 4.39mg Epigallocatechin: 2.52mg, Epigallocatechin: 2.52mg, Epigallocatechin: 2.52mg, Epigallocatechin: 2.52mg Epicatechin: 1.02mg, Epicatechin: 1.02mg, Epicatechin: 1.02mg, Epicatechin: 1.02mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg

0.49mg, Epigallocatechin 3-gallate: 0.49mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 883.08kcal (44.15%), Fat: 65.37g (100.57%), Saturated Fat: 12.7g (79.38%), Carbohydrates: 58.47g (19.49%), Net Carbohydrates: 45.1g (16.4%), Sugar: 32.09g (35.66%), Cholesterol: 24.11mg (8.04%), Sodium: 411.69mg (17.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.56g (57.11%), Vitamin B6: 2.15mg (107.54%), Copper: 1.64mg (81.85%), Manganese: 1.62mg (81%), Vitamin B1: 1.08mg (72.19%), Phosphorus: 653.71mg (65.37%), Fiber: 13.37g (53.47%), Magnesium: 158.91mg (39.73%), Potassium: 1343.3mg (38.38%), Iron: 5.83mg (32.38%), Vitamin A: 1300.33IU (26.01%), Vitamin E: 3.64mg (24.28%), Calcium: 221.7mg (22.17%), Zinc: 2.99mg (19.94%), Selenium: 12.71µg (18.15%), Vitamin B2: 0.29mg (17.11%), Folate: 66.85µg (16.71%), Vitamin K: 15.74µg (14.99%), Vitamin B3: 1.86mg (9.31%), Vitamin C: 7.48mg (9.07%), Vitamin B5: 0.71mg (7.08%), Vitamin B12: 0.09µg (1.54%)