

Spiced Mixed Nuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



10

CALORIES



213 kcal

SEASONING

MARINADE

Ingredients

- 0.5 cup brown sugar packed
- 0.3 teaspoon ground allspice
- 0.5 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 0.1 teaspoon nutmeg
- 2 cups nuts mixed
- 0.5 teaspoon salt
- 4.5 teaspoons water

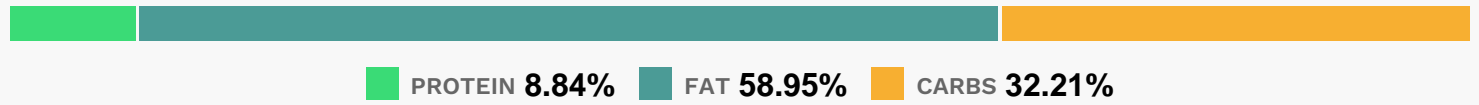
Equipment

- bowl
- baking sheet
- aluminum foil
- microwave

Directions

- In a microwave-safe bowl, combine the first six ingredients. Stir in the water. Microwave, uncovered, on high for 45 seconds; stir.
- Add nuts and stir until well-coated. Cook, uncovered, on high for 3–4 minutes or until syrup begins to harden, stirring after each minute. Immediately pour onto a greased foil-lined baking sheet and separate nuts. Cool completely. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:11.97, Glycemic Load:1.41, Inflammation Score:-3, Nutrition Score:5.9656521886101%

Nutrients (% of daily need)

Calories: 213.45kcal (10.67%), Fat: 14.84g (22.82%), Saturated Fat: 2g (12.48%), Carbohydrates: 18.24g (6.08%), Net Carbohydrates: 15.57g (5.66%), Sugar: 10.68g (11.87%), Cholesterol: 0mg (0%), Sodium: 123.04mg (5.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.01%), Manganese: 0.6mg (29.99%), Copper: 0.37mg (18.75%), Magnesium: 66.05mg (16.51%), Phosphorus: 125.92mg (12.59%), Fiber: 2.67g (10.68%), Zinc: 1.1mg (7.34%), Vitamin B3: 1.37mg (6.85%), Iron: 1.16mg (6.45%), Potassium: 187.89mg (5.37%), Vitamin B6: 0.09mg (4.51%), Vitamin B1: 0.06mg (3.85%), Folate: 14.56µg (3.64%), Vitamin B5: 0.36mg (3.62%), Vitamin B2: 0.06mg (3.4%), Calcium: 30.97mg (3.1%)