

Spiced Nuts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



234 kcal

SIDE DISH

Ingredients

- 0.5 cup almonds (See Cook's Note)
- 0.3 cup cashew pieces (See Cook's Note)
- 0.1 teaspoon cayenne to taste ()
- 0.5 teaspoon curry powder
- 0.5 teaspoon rosemary dried
- 1 tablespoon maple syrup
- 0.5 cup pecans (See Cook's Note)
- 0.3 cup pistachios (See Cook's Note)

0.3 cup pumpkin seeds (See Cook's Note)

0.3 teaspoon salt

Equipment

bowl

baking sheet

oven

Directions

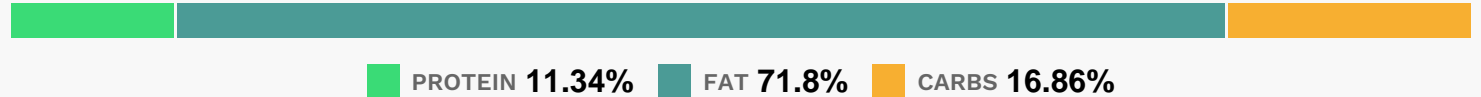
Preheat oven to 325 degrees F.

Combine nuts and seeds in a medium-sized bowl.

Add the maple syrup and spices and salt and toss to combine. Spray a baking sheet with cooking spray, then transfer coated nuts to baking sheet and spread evenly in 1 layer.

Bake 15 to 20 minutes, stirring once, until nuts are fragrant and lightly toasted.

Nutrition Facts



Properties

Glycemic Index:36.12, Glycemic Load:1.68, Inflammation Score:-5, Nutrition Score:10.826521811278%

Flavonoids

Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 233.62kcal (11.68%), Fat: 19.91g (30.62%), Saturated Fat: 2.21g (13.84%), Carbohydrates: 10.52g (3.51%), Net Carbohydrates: 7.01g (2.55%), Sugar: 3.85g (4.28%), Cholesterol: 0mg (0%), Sodium: 98.59mg (4.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.08g (14.15%), Manganese: 1.09mg (54.54%), Copper: 0.52mg (25.86%), Vitamin E: 3.51mg (23.43%), Magnesium: 93.61mg (23.4%), Phosphorus: 200.7mg (20.07%), Fiber: 3.51g (14.02%), Vitamin B2: 0.21mg (12.37%), Vitamin B1: 0.18mg (12.08%), Zinc: 1.62mg (10.8%), Iron: 1.77mg (9.84%), Vitamin B6: 0.19mg (9.39%), Potassium: 278.29mg (7.95%), Calcium: 53.95mg (5.4%), Vitamin B3: 0.88mg (4.41%), Selenium: 3.07µg (4.39%), Folate: 14.72µg (3.68%), Vitamin K: 3.19µg (3.04%), Vitamin B5: 0.25mg (2.51%), Vitamin A: 52.91IU (1.06%)