



Spiced Party Mix

 Dairy Free

READY IN



60 min.

SERVINGS



14

CALORIES



428 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons cayenne
- ☐ 2 large egg whites
- ☐ 1.5 cups pecans toasted
- ☐ 9 cups freshly popped popcorn unsalted
- ☐ 2 cups pretzels miniature
- ☐ 1.5 cups roasted peanuts salted
- ☐ 1.5 cups roasted cashews salted
- ☐ 0.3 cup sugar

- ☐ 2 tablespoons paprika sweet
- ☐ 1.5 cups almonds whole toasted
- ☐ 1.5 teaspoons worcestershire sauce

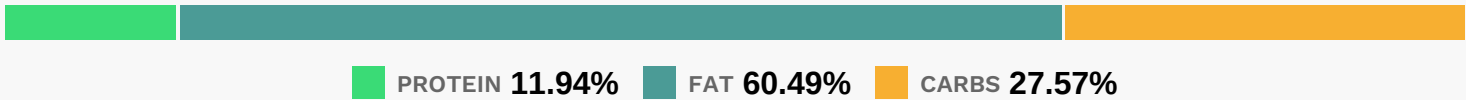
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325°F.
- ☐ Whisk together egg whites, Worcestershire sauce, sugar, paprika, and cayenne in a large bowl.
- ☐ Add popcorn, pretzels, nuts, and salt to taste and toss until thoroughly coated.
- ☐ Spread evenly in 2 buttered large shallow baking pans (1 inch deep) and bake in upper and lower thirds of oven, switching position of pans halfway through baking, until coating is crisp, about 20 minutes total.
- ☐ Spread mixture on 2 large sheets of parchment paper or oiled foil and cool completely.
- ☐ • Spiced party mix can be made 3 days ahead and kept in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:20.46, Glycemic Load:13.01, Inflammation Score:-7, Nutrition Score:17.410434953868%

Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 428.28kcal (21.41%), Fat: 30.6g (47.07%), Saturated Fat: 3.88g (24.23%), Carbohydrates: 31.39g (10.46%), Net Carbohydrates: 24.8g (9.02%), Sugar: 5.92g (6.58%), Cholesterol: 0mg (0%), Sodium: 321.07mg (13.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.59g (27.18%), Manganese: 1.52mg (76.16%), Copper: 0.76mg (38.06%), Magnesium: 134.85mg (33.71%), Vitamin E: 4.64mg (30.9%), Phosphorus: 280.35mg (28.03%), Fiber: 6.59g (26.35%), Vitamin B3: 4.11mg (20.57%), Vitamin B2: 0.31mg (18.32%), Iron: 3.09mg (17.17%), Zinc: 2.48mg (16.54%), Vitamin B1: 0.24mg (16.05%), Folate: 62.75µg (15.69%), Potassium: 448.88mg (12.83%), Vitamin A: 602.17IU (12.04%), Vitamin B6: 0.17mg (8.37%), Selenium: 5.47µg (7.82%), Calcium: 78.13mg (7.81%), Vitamin B5: 0.67mg (6.69%), Vitamin K: 6.85µg (6.52%)