



WHATSheATE

Spiced Pistachios



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



505 kcal

SIDE DISH

Ingredients

- ☐ 4 dashes angostura bitters
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 5 large egg whites
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 pound natural pistachios raw unsalted shelled
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon thyme leaves

☐ 8 servings vegetable oil

Equipment

☐ bowl

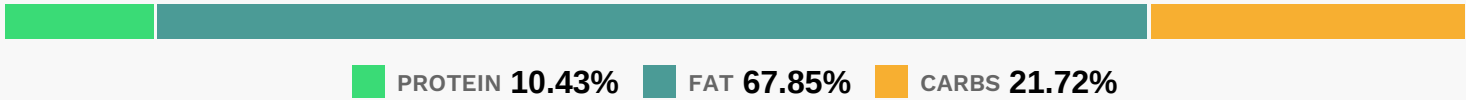
☐ oven

☐ whisk

Directions

- ☐ Preheat oven to 350°F.
- ☐ Whisk 5 large egg whites,1/2 cup sugar, 1 teaspoon thymeleaves, 1/2 teaspoon groundallspice, 1/2 teaspoon groundginger, 1/4 teaspoon cayennepepper, and 4 dashesof Angostura bitters in a medium bowl to blend.Fold in 1 pound unsalted,shelled raw naturalpistachios.
- ☐ Spread outon a rimmed baking sheetbrushed with vegetableoil.
- ☐ Bake, stirring every10 minutes, until goldenbrown and beginningto crisp, 30–35 minutes.
- ☐ Let cool on sheet on awire rack (nuts will crispas they cool).

Nutrition Facts



Properties

Glycemic Index:22.51, Glycemic Load:10.51, Inflammation Score:-6, Nutrition Score:15.627391268378%

Flavonoids

Cyanidin: 4.16mg, Cyanidin: 4.16mg, Cyanidin: 4.16mg, Cyanidin: 4.16mg Catechin: 2.02mg, Catechin: 2.02mg, Catechin: 2.02mg, Catechin: 2.02mg Epigallocatechin: 1.16mg, Epigallocatechin: 1.16mg, Epigallocatechin: 1.16mg, Epigallocatechin: 1.16mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 504.84kcal (25.24%), Fat: 39.84g (61.3%), Saturated Fat: 5.3g (33.09%), Carbohydrates: 28.7g (9.57%), Net Carbohydrates: 22.77g (8.28%), Sugar: 17.04g (18.93%), Cholesterol: 0mg (0%), Sodium: 35.1mg (1.53%),

Alcohol: 0.22g (100%), Alcohol %: 0.27% (100%), Protein: 13.78g (27.56%), Vitamin B6: 0.97mg (48.42%), Copper: 0.75mg (37.28%), Manganese: 0.73mg (36.7%), Vitamin B1: 0.49mg (32.97%), Phosphorus: 281.72mg (28.17%), Vitamin K: 25.8µg (24.57%), Fiber: 5.94g (23.75%), Magnesium: 71.81mg (17.95%), Potassium: 620.77mg (17.74%), Vitamin E: 2.47mg (16.45%), Iron: 2.33mg (12.95%), Selenium: 8.25µg (11.78%), Vitamin B2: 0.19mg (10.92%), Zinc: 1.27mg (8.44%), Folate: 29.98µg (7.5%), Calcium: 63.18mg (6.32%), Vitamin A: 273.9IU (5.48%), Vitamin C: 3.67mg (4.45%), Vitamin B3: 0.78mg (3.92%), Vitamin B5: 0.34mg (3.36%)