



 **41%**
HEALTH SCORE

Spicy Asian Brittle

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



972 kcal

DESSERT

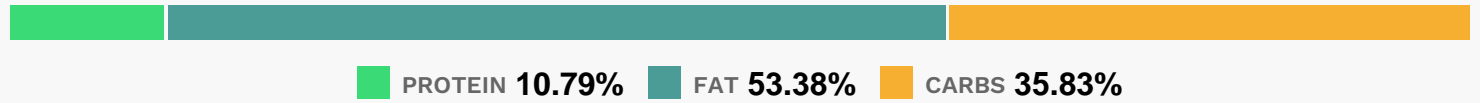
Ingredients

- 1.5 cups almonds toasted
- 1.5 cups cashew pieces toasted
- 1 teaspoon ground ginger
- 1 teaspoon pepper crushed
- 0.5 cup sesame seed
- 2 tablespoons sesame seed
- 3 tablespoons soya sauce
- 1 cup sugar

0.5 cup wasabi peas

Equipment

Nutrition Facts



Properties

Glycemic Index:47.57, Glycemic Load:39.7, Inflammation Score:-9, Nutrition Score:38.238695652174%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 972.04kcal (48.6%), Fat: 61.04g (93.9%), Saturated Fat: 7.91g (49.45%), Carbohydrates: 92.18g (30.73%), Net Carbohydrates: 80.84g (29.4%), Sugar: 56.44g (62.71%), Cholesterol: 0mg (0%), Sodium: 891.79mg (38.77%), Protein: 27.75g (55.49%), Manganese: 2.83mg (141.5%), Copper: 2.57mg (128.6%), Vitamin E: 14.41mg (96.07%), Magnesium: 373.11mg (93.28%), Iron: 13.03mg (72.4%), Phosphorus: 707.79mg (70.78%), Fiber: 11.34g (45.35%), Vitamin B2: 0.73mg (43.01%), Zinc: 6.34mg (42.23%), Calcium: 389.38mg (38.94%), Vitamin B1: 0.5mg (33.6%), Selenium: 20.44µg (29.2%), Vitamin B6: 0.5mg (24.78%), Potassium: 864.79mg (24.71%), Vitamin B3: 4.12mg (20.61%), Vitamin K: 17.03µg (16.22%), Folate: 60.39µg (15.1%), Vitamin B5: 0.74mg (7.38%), Vitamin A: 150.98IU (3.02%), Vitamin C: 2.32mg (2.81%)