



Spicy Curried Nuts



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



10

CALORIES



939 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups almonds raw
- ☐ 1 cup brazil nuts
- ☐ 1 teaspoon cayenne
- ☐ 3 teaspoons cumin
- ☐ 6 tablespoons curry powder
- ☐ 1 cup hazelnuts
- ☐ 0.8 cup brown sugar light packed
- ☐ 2 cups pecans

- ☐ 1 cup pistachios raw shelled
- ☐ 1 cup cashew pieces raw
- ☐ 2 teaspoons salt
- ☐ 9 tablespoons butter unsalted
- ☐ 1 cup peanuts unsalted
- ☐ 1 cup walnuts

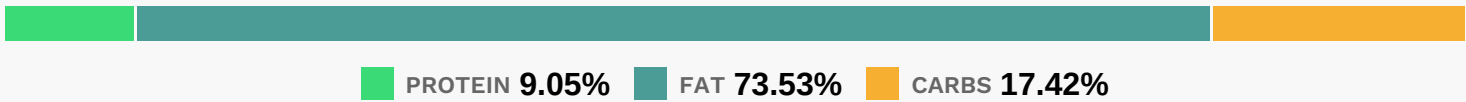
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 300F. Line 2 large baking sheets with parchment, and mist lightly with cooking spray.
- ☐ Mix all nuts together in a large bowl.
- ☐ Melt butter with brown sugar, 6 Tbsp. water, curry, salt, cumin and cayenne in a small pan over medium-low heat, stirring until sugar dissolves.
- ☐ Pour over nuts and stir to evenly coat.
- ☐ Divide nuts between baking sheets and spread into a single layer.
- ☐ Bake until glazed and deep brown, shaking pans occasionally, 25 to 30 minutes.
- ☐ Let cool on sheets, breaking up any clumps. Store in an airtight container at room temperature for up to 10 days.

Nutrition Facts



Properties

Glycemic Index:15.02, Glycemic Load:2.08, Inflammation Score:-9, Nutrition Score:33.13826116069%

Flavonoids

Cyanidin: 4.85mg, Cyanidin: 4.85mg, Cyanidin: 4.85mg, Cyanidin: 4.85mg Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg Epigallocatechin: 2.44mg, Epigallocatechin: 2.44mg, Epigallocatechin: 2.44mg, Epigallocatechin: 2.44mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Epigallocatechin 3–gallate: 0.63mg, Epigallocatechin 3–gallate: 0.63mg, Epigallocatechin 3–gallate: 0.63mg, Epigallocatechin 3–gallate: 0.63mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 938.52kcal (46.93%), Fat: 81.48g (125.35%), Saturated Fat: 14.97g (93.55%), Carbohydrates: 43.43g (14.48%), Net Carbohydrates: 31.07g (11.3%), Sugar: 21.42g (23.8%), Cholesterol: 27.09mg (9.03%), Sodium: 477.51mg (20.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.57g (45.14%), Manganese: 3.91mg (195.53%), Copper: 1.71mg (85.48%), Vitamin E: 12.43mg (82.85%), Magnesium: 278.64mg (69.66%), Phosphorus: 555.76mg (55.58%), Fiber: 12.36g (49.44%), Vitamin B1: 0.65mg (43.64%), Iron: 5.98mg (33.2%), Selenium: 22.26µg (31.8%), Zinc: 4.62mg (30.81%), Vitamin B6: 0.61mg (30.6%), Vitamin B2: 0.46mg (27.16%), Potassium: 892.72mg (25.51%), Vitamin B3: 4.59mg (22.94%), Calcium: 200.81mg (20.08%), Folate: 72.52µg (18.13%), Vitamin K: 11.78µg (11.22%), Vitamin A: 508.37IU (10.17%), Vitamin B5: 0.93mg (9.27%), Vitamin C: 2.49mg (3.02%), Vitamin D: 0.19µg (1.26%)