



Spicy Herb Roasted Nuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



930 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups almonds
- ☐ 0.3 teaspoon ground pepper
- ☐ 1.5 teaspoons savoury fresh chopped
- ☐ 1.5 teaspoons rosemary leaves fresh chopped
- ☐ 1.5 teaspoons sage fresh chopped
- ☐ 1.5 teaspoons thyme sprigs fresh chopped
- ☐ 1 cup hazelnuts
- ☐ 1 teaspoon kosher salt

- ☐ 0.5 cup maple syrup
- ☐ 1.5 teaspoons marjoram fresh chopped
- ☐ 3 tablespoons olive oil
- ☐ 1.5 teaspoons oregano fresh chopped
- ☐ 1 cup pecans
- ☐ 1.5 cups walnut halves

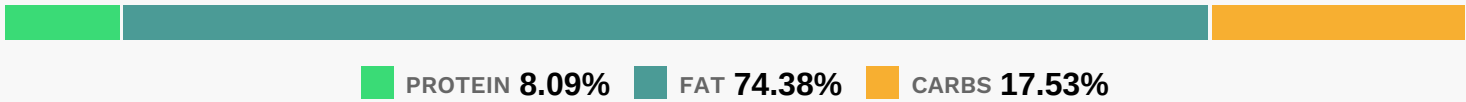
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Mix almonds, walnuts, hazelnuts, pecans, maple syrup, cayenne, oregano, sage, thyme, rosemary, savory, marjoram, and oil in a 10- by 15-inch rimmed pan.
- ☐ Sprinkle nuts with 1 teaspoon salt.
- ☐ Bake in a 300 oven, stirring occasionally, until all liquid evaporates and nuts are golden under the skin (break open to test), about 45 minutes.
- ☐ Let cool. Taste and add more salt if desired.

Nutrition Facts



Properties

Glycemic Index:41.1, Glycemic Load:9.18, Inflammation Score:-9, Nutrition Score:32.318695607393%

Flavonoids

Cyanidin: 5.74mg, Cyanidin: 5.74mg, Cyanidin: 5.74mg, Cyanidin: 5.74mg Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg Epigallocatechin: 2.89mg, Epigallocatechin: 2.89mg, Epigallocatechin: 2.89mg, Epigallocatechin: 2.89mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Naringenin: 0.19mg, Naringenin:

0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 930.2kcal (46.51%), Fat: 81.63g (125.58%), Saturated Fat: 7.27g (45.43%), Carbohydrates: 43.28g (14.43%), Net Carbohydrates: 30.91g (11.24%), Sugar: 23.94g (26.6%), Cholesterol: 0mg (0%), Sodium: 469.59mg (20.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.97g (39.95%), Manganese: 5.4mg (269.88%), Copper: 3.48mg (173.87%), Vitamin E: 16.45mg (109.7%), Magnesium: 245.05mg (61.26%), Vitamin B2: 1.01mg (59.48%), Fiber: 12.37g (49.48%), Phosphorus: 454.36mg (45.44%), Vitamin B1: 0.52mg (34.5%), Zinc: 4.18mg (27.85%), Iron: 4.74mg (26.36%), Calcium: 243.36mg (24.34%), Potassium: 802.73mg (22.94%), Vitamin B6: 0.44mg (21.77%), Folate: 86.63µg (21.66%), Vitamin K: 14.41µg (13.72%), Vitamin B3: 2.69mg (13.43%), Vitamin B5: 0.8mg (8.01%), Selenium: 4.85µg (6.92%), Vitamin C: 3.3mg (4%), Vitamin A: 108.6IU (2.17%)