

Spicy Mixed Nuts

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



16

CALORIES



203 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 Tbsp classic caesar dressing kraft
- 2 tsp pepper red crushed to taste
- 2 tsp ground cumin
- 1.5 cups planters pecan halves
- 2 cups planters roasted peanuts dry
- 0.3 cup planters roasted sunflower kernels dry

Equipment

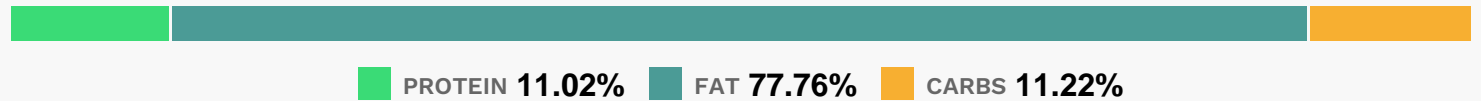
- bowl

- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 325F.
- Mix nuts and sunflower kernels in medium bowl.
- Add combined remaining ingredients; toss to coat.
- Spread into single layer on foil-covered baking sheet.
- Bake 20 min. or until lightly toasted, stirring after 10 min.

Nutrition Facts



Properties

Glycemic Index:0.94, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:7.6895652270026%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 203.26kcal (10.16%), Fat: 18.77g (28.87%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 6.09g (2.03%), Net Carbohydrates: 3.28g (1.19%), Sugar: 1.45g (1.62%), Cholesterol: 1.07mg (0.36%), Sodium: 130.21mg (5.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.97%), Manganese: 0.87mg (43.29%), Vitamin B3: 2.94mg (14.69%), Vitamin E: 2.06mg (13.7%), Magnesium: 48.63mg (12.16%), Phosphorus: 120.32mg (12.03%), Copper: 0.23mg (11.73%), Fiber: 2.82g (11.27%), Zinc: 1.08mg (7.17%), Vitamin B1: 0.1mg (6.6%), Vitamin B6: 0.13mg (6.53%), Folate: 25.32µg (6.33%), Selenium: 3.85µg (5.51%), Potassium: 177.26mg (5.06%), Vitamin B5: 0.49mg (4.93%), Iron: 0.86mg (4.78%), Vitamin B2: 0.06mg (3.43%), Vitamin K: 3.56µg (3.39%), Calcium: 23.68mg (2.37%), Vitamin A: 83.62IU (1.67%)