



Spicy Nuts with Fried Garlic, Shallots & Rosemary



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



347 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon firmly brown sugar dark packed
- ☐ 0.3 cup rosemary fresh coarsely chopped
- ☐ 5 clove garlic peeled thinly sliced lengthwise
- ☐ 1 tablespoon kosher salt
- ☐ 5 cup nuts mixed such as walnuts, cashews, almonds, pecans, and hazelnuts
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 tablespoon butter unsalted

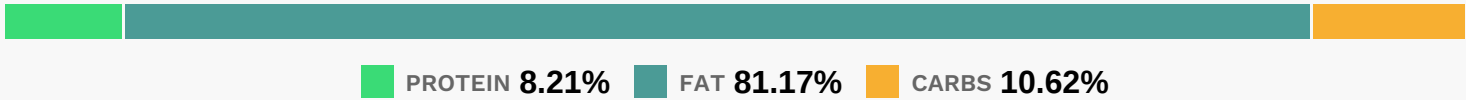
Equipment

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

Directions

- ☐ Heat the oven to 350 degrees F.
- ☐ Place the nuts in a single layer on 2 rimmed baking sheets. Toast until the nuts are golden and fragrant, 8 to 12 minutes, rotating the pans halfway through cooking.
- ☐ Transfer the nuts to a large bowl and set aside.
- ☐ Heat the olive oil in a small skillet over medium heat.
- ☐ Add the shallots and garlic; fry until golden, 3 to 5 minutes.
- ☐ Transfer the shallots and garlic to paper towels. Set aside.Melt the butter and pour it over the nuts.
- ☐ Add the rosemary, red pepper flakes, brown sugar, and salt and stir well to combine. Toss in the crispy garlic and shallots.
- ☐ Serve warm. The nuts may be reheated in a 300 degree F. oven for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.64, Inflammation Score:-5, Nutrition Score:15.998695831908%

Flavonoids

Cyanidin: 3.36mg, Cyanidin: 3.36mg, Cyanidin: 3.36mg, Cyanidin: 3.36mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg

Epigallocatechin 3–gallate: 0.53mg, Epigallocatechin 3–gallate: 0.53mg, Epigallocatechin 3–gallate: 0.53mg, Epigallocatechin 3–gallate: 0.53mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 347.44kcal (17.37%), Fat: 33.5g (51.54%), Saturated Fat: 3.61g (22.54%), Carbohydrates: 9.86g (3.29%), Net Carbohydrates: 4.91g (1.78%), Sugar: 3.15g (3.5%), Cholesterol: 5.02mg (1.67%), Sodium: 582.29mg (25.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.24%), Manganese: 3.12mg (155.8%), Vitamin E: 7.72mg (51.49%), Copper: 0.87mg (43.34%), Vitamin B1: 0.32mg (21.62%), Magnesium: 82.48mg (20.62%), Fiber: 4.96g (19.82%), Vitamin B6: 0.3mg (14.97%), Phosphorus: 147.88mg (14.79%), Folate: 57.23µg (14.31%), Iron: 2.43mg (13.49%), Potassium: 350.79mg (10.02%), Zinc: 1.25mg (8.32%), Vitamin K: 7.99µg (7.61%), Calcium: 62.81mg (6.28%), Vitamin B5: 0.47mg (4.75%), Vitamin B3: 0.92mg (4.58%), Vitamin C: 3.66mg (4.44%), Vitamin B2: 0.06mg (3.5%), Selenium: 1.41µg (2.02%), Vitamin A: 84.87IU (1.7%)