



WHATSheATE



Spicy Roasted Chile Peanuts and Pepitas



Vegetarian



Gluten Free



Low Fod Map

READY IN



40 min.

SERVINGS



10

CALORIES



236 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 2 teaspoons chili powder
- ☐ 2 cups roasted peanuts unsalted
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 tablespoons brown sugar light
- ☐ 1 cup pumpkin seeds salted shelled (pepitas)

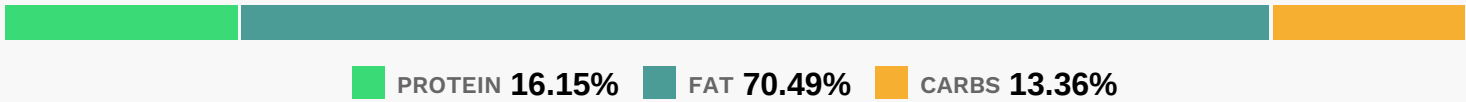
Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Stir together peanuts and melted butter in a medium bowl.
- ☐ Stir together brown sugar and next 3 ingredients.
- ☐ Add to peanut mixture, tossing to coat.
- ☐ Place peanuts in a single layer on a lightly greased baking sheet.
- ☐ Bake at 350 for 10 to 15 minutes or until golden brown, stirring once.
- ☐ Remove from oven, and stir in pumpkin seeds. Cool completely in pan on a wire rack (about 20 minutes).

Nutrition Facts



Properties

Glycemic Index:9.7, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:9.1639129351015%

Nutrients (% of daily need)

Calories: 235.57kcal (11.78%), Fat: 19.8g (30.46%), Saturated Fat: 4.21g (26.32%), Carbohydrates: 8.44g (2.81%), Net Carbohydrates: 5.26g (1.91%), Sugar: 2.46g (2.73%), Cholesterol: 6.02mg (2.01%), Sodium: 152.15mg (6.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.2g (20.41%), Manganese: 1.01mg (50.26%), Vitamin B3: 4.74mg (23.68%), Magnesium: 87.95mg (21.99%), Phosphorus: 194.09mg (19.41%), Copper: 0.28mg (14.23%), Fiber: 3.19g (12.75%), Folate: 40.78µg (10.2%), Potassium: 291.47mg (8.33%), Vitamin B1: 0.11mg (7.42%), Zinc: 1.11mg (7.38%), Iron: 1.33mg (7.38%), Vitamin B6: 0.09mg (4.74%), Vitamin B5: 0.46mg (4.65%), Vitamin A: 210.7IU (4.21%), Selenium: 2.94µg (4.2%), Calcium: 37.2mg (3.72%), Vitamin E: 0.37mg (2.5%), Vitamin B2: 0.04mg (2.34%), Vitamin K: 1.16µg (1.1%)