



Spicy Sesame-Nut Mix

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



473 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon ground pepper
- 0.8 teaspoon cinnamon
- 4 teaspoons rubbed sage dried
- 1 large egg whites
- 2 tablespoons honey
- 1.8 cups pecans
- 1 cup pinenuts
- 0.5 teaspoon salt

- 1.8 cups roasted peanuts salted
- 1 tablespoon sesame seed

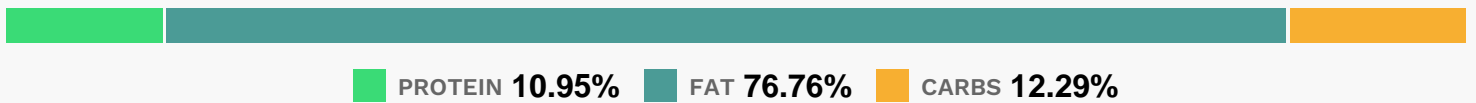
Equipment

- bowl
- oven
- whisk
- baking pan
- spatula

Directions

- Preheat oven to 30
- In a small bowl, whisk egg white until frothy; whisk in honey, sesame seeds, sage, cinnamon, cayenne, and salt.
- Add nuts and stir. Divide mixture between 2 large nonstick or parchment-lined baking pans and spread into an even layer.
- Bake, stirring often with a wide spatula, until nuts are golden and fragrant, 20 to 25 minutes. To prevent sticking, turn mixture often with spatula as it cools.
- Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:16.78, Glycemic Load:2.4, Inflammation Score:-6, Nutrition Score:16.867391215556%

Flavonoids

Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg Delphinidin: 1.58mg, Delphinidin: 1.58mg, Delphinidin: 1.58mg, Delphinidin: 1.58mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg

Nutrients (% of daily need)

Calories: 472.79kcal (23.64%), Fat: 43.32g (66.65%), Saturated Fat: 4.65g (29.09%), Carbohydrates: 15.6g (5.2%), Net Carbohydrates: 9.79g (3.56%), Sugar: 5.82g (6.47%), Cholesterol: 0mg (0%), Sodium: 291.18mg (12.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.91g (27.81%), Manganese: 3.28mg (163.86%), Copper: 0.74mg (36.94%), Magnesium: 126.71mg (31.68%), Vitamin B3: 5.83mg (29.15%), Phosphorus: 288.08mg (28.81%), Fiber: 5.81g (23.24%), Vitamin B1: 0.31mg (20.95%), Zinc: 2.81mg (18.71%), Iron: 2.42mg (13.42%), Folate: 52.2µg (13.05%), Potassium: 454.14mg (12.98%), Vitamin E: 1.91mg (12.71%), Vitamin K: 10.82µg (10.3%), Vitamin B6: 0.16mg (7.78%), Vitamin B5: 0.7mg (6.97%), Vitamin B2: 0.12mg (6.88%), Selenium: 4.56µg (6.52%), Calcium: 63.04mg (6.3%)