



HEALTH SCORE

53%

Spicy Sesame-Nut Mix



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



470 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 peanuts salted ()
- ☐ 1.8 cups pecans
- ☐ 1 cup pinenuts

- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sesame seed

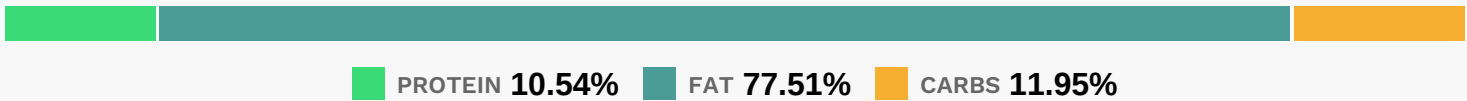
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Preheat oven to 30
- ☐ In a bowl, whisk egg white until frothy; whisk in honey, sesame seeds, sage, cinnamon, cayenne, and salt.
- ☐ Add nuts and stir. Divide mixture between two 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:18.57, Glycemic Load:2.69, Inflammation Score:-6, Nutrition Score:18.216086929097%

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: 469.91kcal (23.5%), Fat: 43.5g (66.92%), Saturated Fat: 4.68g (29.26%), Carbohydrates: 15.08g (5.03%), Net Carbohydrates: 9.08g (3.3%), Sugar: 5.82g (6.47%), Cholesterol: 0mg (0%), Sodium: 159.92mg (6.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.31g (26.62%), Manganese: 3.37mg (168.41%), Copper: 0.82mg (40.75%), Magnesium: 133.1mg (33.27%), Vitamin B3: 6.15mg (30.73%), Phosphorus: 288.4mg (28.84%), Vitamin B1: 0.43mg (28.58%), Fiber: 6g (24.01%), Folate: 88.61µg (22.15%), Zinc: 2.84mg (18.96%), Iron: 2.94mg (16.31%), Vitamin E: 1.91mg (12.71%), Potassium: 443.92mg (12.68%), Vitamin K: 10.82µg (10.3%), Vitamin B6: 0.19mg (9.25%), Vitamin B5: 0.82mg (8.17%), Vitamin B2: 0.13mg (7.82%), Calcium: 64.95mg (6.5%), Selenium: 4.47µg (6.38%)