



Sugar-and-Spice Candied Nuts



Vegetarian



Gluten Free

READY IN



1500 min.

SERVINGS



10

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter unsalted for greasing parchment
- ☐ 0.5 teaspoon cinnamon
- ☐ 2 tablespoons plus light
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 2 cups nuts mixed
- ☐ 0.3 cup sugar

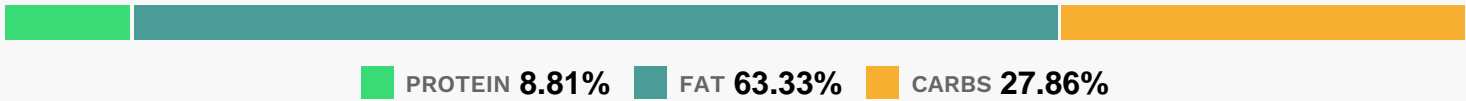
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ spatula

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F. Line a large baking sheet with parchment paper and lightly butter parchment.
- ☐ Stir together butter, sugar, corn syrup, spices, and salt in a 1 1/2- to 2-quart heavy saucepan and bring to a boil over high heat.
- ☐ Add nuts and cook, stirring constantly, 3 minutes.
- ☐ Spread nuts in 1 layer on lined baking sheet, separating any clumps.
- ☐ Bake, stirring nuts once with a heatproof rubber (silicone) spatula halfway through baking (keep nuts in 1 layer), until golden and bubbling, 12 to 15 minutes. Cool on baking sheet on a rack 45 minutes, then break into small clusters with your hands.
- ☐ Candied nuts keep in an airtight container at room temperature 1 week.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:5.54, Inflammation Score:-3, Nutrition Score:5.9434782856185%

Nutrients (% of daily need)

Calories: 213.66kcal (10.68%), Fat: 16g (24.62%), Saturated Fat: 2.72g (17.02%), Carbohydrates: 15.84g (5.28%), Net Carbohydrates: 13.17g (4.79%), Sugar: 8.39g (9.32%), Cholesterol: 3.01mg (1%), Sodium: 73.42mg (3.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.02%), Manganese: 0.61mg (30.52%), Copper: 0.37mg (18.5%), Magnesium: 65.24mg (16.31%), Phosphorus: 125.95mg (12.6%), Fiber: 2.67g (10.68%), Zinc: 1.12mg (7.48%), Vitamin B3: 1.37mg (6.83%), Iron: 1.1mg (6.1%), Potassium: 174.35mg (4.98%), Vitamin B6: 0.09mg (4.31%), Vitamin B1:

0.06mg (4.03%), Folate: 14.5µg (3.62%), Vitamin B2: 0.06mg (3.49%), Vitamin B5: 0.35mg (3.49%), Calcium:
22.36mg (2.24%)