



Sweet and Spicy Asian Nuts

 Gluten Free  Low Fod Map

READY IN



48 min.

SERVINGS



3

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons t brown sugar dark
- 1 cup cooking oil unsalted
- 1 cup roasted unsalted
- 0.3 teaspoon sea salt
- 1 tablespoon sesame seed
- 1 tablespoon soya sauce
- 1 teaspoon butter unsalted melted
- 1 teaspoon wasabi powder divided

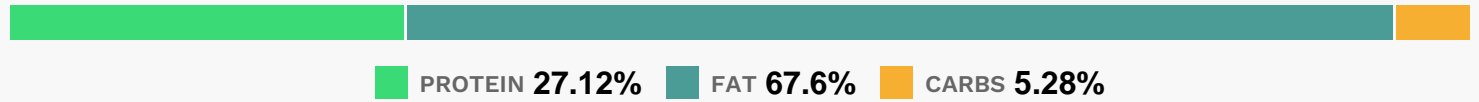
Equipment

- bowl
- baking paper
- oven
- baking pan

Directions

- Combine first 4 ingredients in a medium bowl. Stir in 1/2 teaspoon wasabi powder.
- Add nuts; toss well to coat.
- Spread in a single layer on a parchment paper-lined baking pan.
- Bake at 250 for 45 to 50 minutes or until golden brown, stirring occasionally.
- Combine remaining 1/2 teaspoon wasabi powder and nori furikake in a small bowl.
- Remove nuts from oven; immediately sprinkle seasoning mixture over hot nuts.
- Let stand 2 hours to cool and dry.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:10.51521730099%

Nutrients (% of daily need)

Calories: 277.44kcal (13.87%), Fat: 20.82g (32.03%), Saturated Fat: 3.13g (19.54%), Carbohydrates: 3.65g (1.22%), Net Carbohydrates: 3.27g (1.19%), Sugar: 2.7g (3%), Cholesterol: 53.27mg (17.76%), Sodium: 568.87mg (24.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.79g (37.59%), Selenium: 22.86µg (32.66%), Vitamin B6: 0.63mg (31.53%), Vitamin B1: 0.37mg (24.97%), Vitamin B3: 4.89mg (24.47%), Phosphorus: 202.79mg (20.28%), Vitamin E: 2.76mg (18.41%), Zinc: 1.66mg (11.07%), Vitamin K: 10.76µg (10.25%), Vitamin B2: 0.16mg (9.65%), Potassium: 326.03mg (9.32%), Copper: 0.16mg (8.24%), Magnesium: 32.77mg (8.19%), Vitamin B12: 0.41µg (6.75%), Vitamin B5: 0.62mg (6.17%), Iron: 0.98mg (5.45%), Manganese: 0.1mg (5.23%), Calcium: 34.3mg (3.43%), Vitamin D: 0.34µg (2.27%), Fiber: 0.39g (1.55%)