



Sweet and Spicy Nut and Pretzel Mix

 Vegetarian

READY IN



34 min.

SERVINGS



16

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup blanched almonds and
- ☐ 3 tablespoons brown sugar
- ☐ 1.5 tablespoons butter
- ☐ 1 cup rice cereal crispy (such as Rice Chex)
- ☐ 2 teaspoons thyme sprigs fresh divided chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.8 teaspoon kosher salt

- ☐ 2 tablespoons maple syrup
- ☐ 0.5 cup pecans
- ☐ 3 cups pretzels unsalted

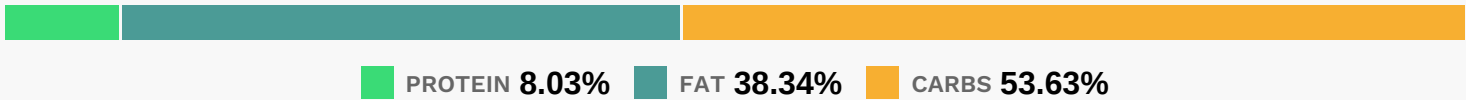
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Combine brown sugar, 1 teaspoon thyme, salt, cinnamon, and red pepper in a small bowl.
- ☐ Combine pecans and almonds on a jelly-roll pan.
- ☐ Bake at 350 for 10 minutes or until the nuts begin to brown.
- ☐ Combine the pecan mixture and butter in a medium bowl, stirring until butter melts. Gently stir in pretzels, cereal, and syrup.
- ☐ Sprinkle the sugar mixture evenly over pretzel mixture; toss gently to coat.
- ☐ Spread pretzel mixture in a single layer on jelly-roll pan.
- ☐ Bake at 350 for 10 minutes, stirring once.
- ☐ Sprinkle with the remaining 1 teaspoon thyme. Cool completely.

Nutrition Facts



Properties

Glycemic Index:16.34, Glycemic Load:10.23, Inflammation Score:-4, Nutrition Score:4.1382608533553%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin:

0.17mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Nutrients (% of daily need)

Calories: 131.71kcal (6.59%), Fat: 5.8g (8.93%), Saturated Fat: 1.09g (6.78%), Carbohydrates: 18.27g (6.09%), Net Carbohydrates: 16.98g (6.17%), Sugar: 4.32g (4.8%), Cholesterol: 2.82mg (0.94%), Sodium: 305.14mg (13.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.47%), Manganese: 0.43mg (21.3%), Folate: 31.75µg (7.94%), Vitamin E: 1.08mg (7.23%), Vitamin B2: 0.12mg (6.96%), Vitamin B1: 0.1mg (6.57%), Iron: 1mg (5.54%), Copper: 0.11mg (5.31%), Fiber: 1.29g (5.15%), Vitamin B3: 1.02mg (5.09%), Magnesium: 20.15mg (5.04%), Phosphorus: 48.74mg (4.87%), Zinc: 0.45mg (3.01%), Potassium: 84.61mg (2.42%), Calcium: 22.2mg (2.22%), Selenium: 1.07µg (1.53%), Vitamin B6: 0.02mg (1.24%), Vitamin A: 59.87IU (1.2%)