



Sweet and Spicy Nuts



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



32

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 0.5 teaspoon ground pepper
- 0.3 teaspoon ground cinnamon
- 0.5 teaspoon ground cumin
- 0.3 cup brown sugar light
- 0.3 cup brown sugar light
- 2 cups nuts mixed
- 32 servings salt to taste

2 tablespoons water

Equipment

bowl

frying pan

baking sheet

aluminum foil

Directions

Mix together cumin, cayenne, ground cinnamon, and salt. Set aside until later use.

Heat nuts in a dry skillet and cook, stirring frequently, until begin to toast, about 4 minutes.

Transfer to a small bowl and set aside.

Add the butter, sugar, water and spices to the hot skillet and cook, stirring, until a glaze forms, about 1 minute. Return the nuts to the skillet and toss to combine with the glaze. Cook for about 1 to 2 minutes, or until the nuts are glazed and golden brown.

Remove from the heat and transfer to a baking sheet lined with aluminum foil, separating with a fork.

Let rest until cooled and the sugar has hardened, about 10 minutes. Store in an airtight container.

Nutrition Facts



PROTEIN 8.17% **FAT 62.34%** **CARBS 29.49%**

Properties

Glycemic Index:3.8, Glycemic Load:0.44, Inflammation Score:-1, Nutrition Score:1.9134782608696%

Nutrients (% of daily need)

Calories: 73.05kcal (3.65%), Fat: 5.35g (8.23%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 4.87g (1.77%), Sugar: 3.34g (3.71%), Cholesterol: 1.88mg (0.63%), Sodium: 201.57mg (8.76%), Protein: 1.58g (3.16%), Manganese: 0.18mg (9.07%), Copper: 0.12mg (5.87%), Magnesium: 20.76mg (5.19%), Phosphorus: 39.76mg (3.98%), Fiber: 0.83g (3.32%), Zinc: 0.35mg (2.31%), Vitamin B3: 0.43mg (2.16%), Iron: 0.38mg (2.13%), Potassium: 59.81mg (1.71%), Vitamin B6: 0.03mg (1.45%), Vitamin B1: 0.02mg (1.22%), Folate: 4.6µg

(1.15%), Vitamin B5: 0.11mg (1.14%), Vitamin B2: 0.02mg (1.1%)