



Sweet Chipotle Snack Mix



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup cashew pieces unsalted
- ☐ 0.5 teaspoon chili powder
- ☐ 1 cup corn kernels unsalted
- ☐ 1 large egg whites
- ☐ 1 teaspoon chipotle chili powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 teaspoon salt

- ☐ 1 cup slivered almonds
- ☐ 0.3 cup sugar

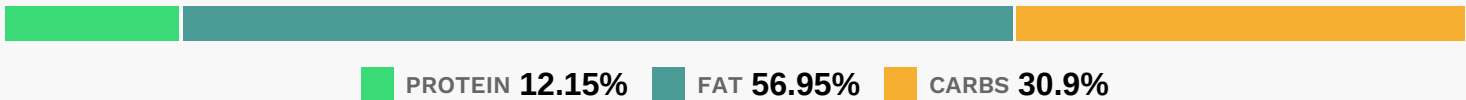
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 32
- ☐ Combine first 6 ingredients in a small bowl; stir with a whisk.
- ☐ Place egg white in a large bowl; stir with a whisk until foamy.
- ☐ Add the almonds, cashews, and pumpkinseeds; toss well to coat.
- ☐ Sprinkle with spice mixture; toss well to coat.
- ☐ Spread nuts in an even layer on a baking sheet lined with parchment paper.
- ☐ Bake at 325 for 15 minutes, stirring once. Turn oven off.
- ☐ Remove pan from oven; stir snack mix. Immediately return pan to oven for an additional 15 minutes (leave oven off).
- ☐ Remove pan from oven and place on a wire rack; cool completely. Store snack mix in an airtight container for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:11.53, Glycemic Load:4.47, Inflammation Score:-5, Nutrition Score:7.5295652599762%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 167.31kcal (8.37%), Fat: 11.34g (17.44%), Saturated Fat: 1.47g (9.16%), Carbohydrates: 13.84g (4.61%), Net Carbohydrates: 11.58g (4.21%), Sugar: 7g (7.78%), Cholesterol: 0mg (0%), Sodium: 278.46mg (12.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.88%), Manganese: 0.49mg (24.68%), Copper: 0.41mg (20.28%), Vitamin E: 3.03mg (20.21%), Magnesium: 70.41mg (17.6%), Phosphorus: 138.03mg (13.8%), Vitamin B2: 0.16mg (9.67%), Fiber: 2.26g (9.04%), Iron: 1.47mg (8.16%), Zinc: 1.16mg (7.72%), Potassium: 200.38mg (5.73%), Vitamin B1: 0.08mg (5.63%), Selenium: 3.87µg (5.53%), Vitamin K: 5.34µg (5.09%), Vitamin B6: 0.08mg (4.13%), Calcium: 38.26mg (3.83%), Vitamin B3: 0.74mg (3.7%), Folate: 14.51µg (3.63%), Vitamin B5: 0.23mg (2.3%), Vitamin A: 99.41IU (1.99%)