



Sweet 'N Savory Nuts

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp butter melted
- 0.5 tsp rosemary leaves dried
- 0.3 tsp ground pepper red (cayenne)
- 2 Tbsp honey
- 10 oz planters nuts mixed canned

Equipment

- bowl
- baking sheet

oven

Directions

- Heat oven to 350F.
- Toss nuts with seasonings in large bowl.
- Add combined honey and butter; mix lightly.
- Spread onto baking sheet.
- Bake 15 min., stirring after 8 min. Cool completely.

Nutrition Facts



PROTEIN 9.66% **FAT 69.37%** **CARBS 20.97%**

Properties

Glycemic Index:11.7, Glycemic Load:1.6, Inflammation Score:-2, Nutrition Score:2.883913020077%

Nutrients (% of daily need)

Calories: 95.84kcal (4.79%), Fat: 7.88g (12.12%), Saturated Fat: 1.35g (8.41%), Carbohydrates: 5.36g (1.79%), Net Carbohydrates: 4.06g (1.48%), Sugar: 1.73g (1.92%), Cholesterol: 1.53mg (0.51%), Sodium: 6.37mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Manganese: 0.28mg (13.86%), Copper: 0.18mg (9.12%), Magnesium: 32.05mg (8.01%), Phosphorus: 62mg (6.2%), Fiber: 1.3g (5.2%), Zinc: 0.55mg (3.64%), Vitamin B3: 0.67mg (3.36%), Iron: 0.54mg (3.02%), Potassium: 86.63mg (2.48%), Vitamin B6: 0.04mg (2.18%), Vitamin B1: 0.03mg (1.91%), Folate: 7.27µg (1.82%), Vitamin B2: 0.03mg (1.75%), Vitamin B5: 0.17mg (1.73%), Calcium: 10.64mg (1.06%)