



Sweet, Salty, Spicy Party Nuts

☒ Vegetarian ☒ Gluten Free

READY IN

ready

27 min.

SERVINGS

servings

4

CALORIES

calories

889 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup roasted almonds unsalted dry
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 cup untoasted pecan halves
- ☐ 1 cup roasted cashews unsalted dry
- ☐ 1 teaspoon salt

- ☐ 1 cup untoasted walnut halves
- ☐ 0.3 cup water
- ☐ 0.5 cup sugar white

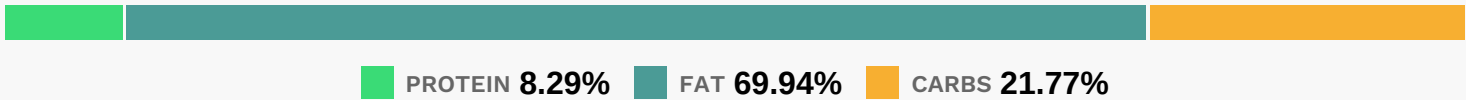
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil and lightly coat with cooking spray.
- ☐ Combine walnut halves, pecan halves, almonds, and cashews in a large bowl.
- ☐ Add salt, black pepper, cumin, and cayenne pepper; toss to coat.
- ☐ Heat sugar, water, and butter in a small saucepan over medium heat until the butter is melted. Cook for 1 minute and remove from heat. Slowly pour butter mixture over the bowl of nuts and stir to coat.
- ☐ Transfer nuts to the prepared baking sheet and spread into a single layer.
- ☐ Bake nuts in the preheated oven for 10 minutes. Stir nuts until the warm syrup coats every nut.
- ☐ Spread into a single layer, return to the oven, and bake until nuts are sticky and roasted, about 6 minutes. Allow to cool before serving.

Nutrition Facts



Properties

Glycemic Index:57.27, Glycemic Load:18.34, Inflammation Score:-8, Nutrition Score:28.876956879121%

Flavonoids

Cyanidin: 4.33mg, Cyanidin: 4.33mg, Cyanidin: 4.33mg, Cyanidin: 4.33mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Epigallocatechin: 2.32mg, Epigallocatechin: 2.32mg, Epigallocatechin: 2.32mg, Epigallocatechin: 2.32mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3–gallate: 0.57mg, Epigallocatechin 3–gallate: 0.57mg, Epigallocatechin 3–gallate: 0.57mg, Epigallocatechin 3–gallate: 0.57mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 888.74kcal (44.44%), Fat: 73.6g (113.23%), Saturated Fat: 9.63g (60.17%), Carbohydrates: 51.56g (17.19%), Net Carbohydrates: 41.61g (15.13%), Sugar: 29.99g (33.32%), Cholesterol: 7.53mg (2.51%), Sodium: 611.58mg (26.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.63g (39.26%), Manganese: 3.25mg (162.66%), Copper: 1.9mg (95%), Vitamin E: 10.14mg (67.62%), Magnesium: 263.05mg (65.76%), Phosphorus: 511.77mg (51.18%), Fiber: 9.94g (39.77%), Zinc: 5.08mg (33.86%), Vitamin B2: 0.56mg (32.94%), Iron: 4.99mg (27.74%), Vitamin B1: 0.41mg (27.1%), Potassium: 695.56mg (19.87%), Folate: 73.76µg (18.44%), Vitamin B6: 0.35mg (17.51%), Calcium: 161.92mg (16.19%), Vitamin K: 14.3µg (13.62%), Vitamin B3: 2.41mg (12.06%), Selenium: 8.06µg (11.52%), Vitamin B5: 0.97mg (9.72%), Vitamin A: 162.5IU (3.25%)