



Sweet & spicy nuts



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



497 kcal

SIDE DISH

Ingredients

- ☐ 1 tbsp unrefined sunflower oil
- ☐ 1 tsp ground cinnamon
- ☐ 0.5 tsp spice mixed
- ☐ 400 g brazil nuts mixed
- ☐ 2 tbsp honey

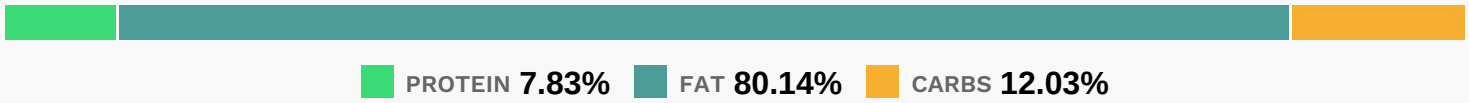
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 140C/120C fan/gas
- ☐ Mix the oil with the spices, then stir in the nuts and drizzle over half the honey.
- ☐ Spread over a baking sheet and cook for 10 mins.
- ☐ Remove from the oven and drizzle over the remaining honey, then return to the oven and cook for a further 10 mins. Allow to cool completely.

Nutrition Facts



Properties

Glycemic Index:11.21, Glycemic Load:3.58, Inflammation Score:-7, Nutrition Score:22.380000292526%

Nutrients (% of daily need)

Calories: 496.88kcal (24.84%), Fat: 45.69g (70.3%), Saturated Fat: 10.38g (64.85%), Carbohydrates: 15.43g (5.14%), Net Carbohydrates: 11.63g (4.23%), Sugar: 5.77g (6.41%), Cholesterol: 0mg (0%), Sodium: 2.41mg (0.1%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 10.05g (20.1%), Selenium: 68.75µg (98.22%), Manganese: 1.96mg (98.05%), Magnesium: 238.63mg (59.66%), Copper: 1.18mg (58.91%), Vitamin B1: 0.75mg (50.24%), Phosphorus: 394.09mg (39.41%), Vitamin E: 4.31mg (28.7%), Zinc: 2.83mg (18.85%), Fiber: 3.8g (15.21%), Potassium: 355.28mg (10.15%), Calcium: 99.23mg (9.92%), Iron: 1.76mg (9.81%), Vitamin B3: 1.93mg (9.66%), Vitamin B6: 0.07mg (3.65%), Vitamin B5: 0.16mg (1.6%), Vitamin B2: 0.03mg (1.55%)