



Tangy Ranch Cashews

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



832 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons buttermilk powder
- 0.3 teaspoon citric acid
- 2 teaspoons chives dried
- 0.5 teaspoon garlic powder
- 2 teaspoons kosher salt
- 0.5 teaspoon onion powder
- 0.5 teaspoon paprika
- 4 cups cashew pieces raw (1 pound 6 ounces)

3 tablespoons vegetable oil

Equipment

bowl

baking sheet

oven

Directions

Heat the oven to 400°F and arrange a rack in the middle.

Place the chives and salt in a coffee or spice grinder and grind until a fine powder forms.

Transfer the powder to a small bowl.

Add the buttermilk powder, garlic powder, onion powder, paprika, and citric acid to the bowl and stir to combine; set aside.

Place the nuts and oil in a large bowl and stir until the nuts are evenly coated.

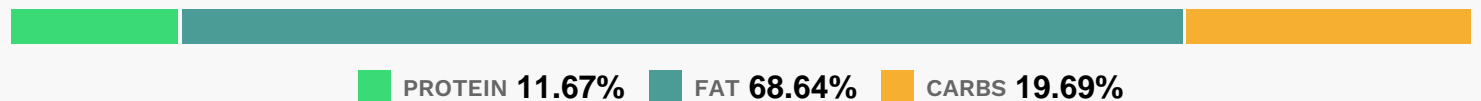
Transfer to a rimmed baking sheet and spread the nuts into an even layer. (Reserve the bowl—you don't need to wash it.) Roast, stirring halfway through, until the nuts are browned and toasted, about 10 to 15 minutes total. Immediately transfer the nuts to the reserved bowl. (Reserve the baking sheet—no need to wash.)

Add the ranch powder and stir to evenly coat the nuts. Return the coated nuts to the reserved baking sheet and spread into an even layer.

Let cool completely, about 30 minutes.

Serve immediately or store in an airtight container at room temperature for up to 5 days.

Nutrition Facts



Properties

Glycemic Index:11.3, Glycemic Load:8.76, Inflammation Score:-10, Nutrition Score:36.112173926571%

Nutrients (% of daily need)

Calories: 832.35kcal (41.62%), Fat: 67.15g (103.31%), Saturated Fat: 11.78g (73.62%), Carbohydrates: 43.34g (14.45%), Net Carbohydrates: 38.28g (13.92%), Sugar: 9.88g (10.98%), Cholesterol: 3.11mg (1.03%), Sodium: 1203.79mg (52.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.69g (51.39%), Copper: 2.86mg (142.98%), Manganese: 2.18mg (109.16%), Magnesium: 398.45mg (99.61%), Phosphorus: 822.86mg (82.29%), Vitamin K: 62.98µg (59.98%), Zinc: 7.8mg (51.99%), Iron: 9.22mg (51.22%), Vitamin B1: 0.59mg (39.27%), Selenium: 26.96µg (38.51%), Vitamin A: 1814.24IU (36.28%), Vitamin B6: 0.62mg (30.78%), Potassium: 1008.86mg (28.82%), Vitamin C: 17.23mg (20.89%), Fiber: 5.06g (20.25%), Vitamin E: 2.08mg (13.84%), Vitamin B5: 1.32mg (13.2%), Calcium: 123.59mg (12.36%), Vitamin B2: 0.19mg (10.98%), Folate: 37.49µg (9.37%), Vitamin B3: 1.58mg (7.92%), Vitamin B12: 0.17µg (2.87%)