



Tex-Mex Party Nuts



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



9

CALORIES



25 kcal

SIDE DISH

Ingredients

- ☐ 1 can nuts mixed salted (9.5 to 11.5 oz)
- ☐ 1 tablespoon butter melted
- ☐ 2 teaspoons chili powder
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon onion powder
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 2 tablespoons sugar

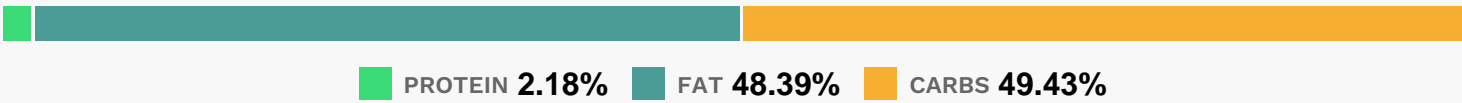
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 300°F. In medium bowl, mix nuts and butter until nuts are coated. In small bowl, mix remaining ingredients except sugar; sprinkle over nuts. Stir until nuts are completely coated.
- ☐ Spread in single layer in 15x10x1-inch pan.
- ☐ Bake uncovered about 10 minutes or until nuts are toasted. Return to medium bowl. While nuts are still hot, sprinkle with sugar and toss to coat.
- ☐ Cool completely, about 1 hour. Store in airtight container at room temperature up to 3 weeks.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:1.88, Inflammation Score:-2, Nutrition Score:0.57608696097589%

Nutrients (% of daily need)

Calories: 24.61kcal (1.23%), Fat: 1.39g (2.14%), Saturated Fat: 0.28g (1.76%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 2.96g (1.08%), Sugar: 2.71g (3.01%), Cholesterol: 0mg (0%), Sodium: 22.2mg (0.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.28%), Vitamin A: 210.72IU (4.21%), Vitamin E: 0.24mg (1.58%), Manganese: 0.02mg (1.19%)