



Spicy Nuts

5'
Hands on

10'
Cook Time

4
Portion(s)

1
Difficulty



Ingredients

- 300 g nuts, salted
- 1 teaspoon(s) chili flakes
- 1/4 teaspoon(s) cumin
- 1/4 teaspoon(s) pepper
- 1 tablespoon(s) butter

Διατροφικός πίνακας

Nutrition information per portion

433 Calories (kcal)	35.0 Total Fat (g)	6.6 Saturated Fat (g)	8.8 Total Carbs (g)
22%	50%	33%	3%
2.9 Sugars (g)	18.0 Protein (g)	4.9 Fibre (g)	0.47 Sodium (g)
3%	36%	20%	8%

Method

A little something your guests can munch on, as they wait for all the delicious food being prepared. It will warm them up and spice up their appetite!!

- Toss the nuts with the spices (cumin, chili flakes, pepper).
- Put them in some aluminum foil, along with some butter.
- Wrap them up well and bake in the oven at 180* C (350*F), for 8-10 minutes.