

Indian-Spiced Nuts

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/yellow-mustard-seeds-recipe-indian>

Ingredients:

- 1/4 teaspoon coriander seed
- 1/4 teaspoon fennel seed
- 1/4 teaspoon yellow mustard seed
- 1/4 teaspoon white peppercorns
- 1/4 teaspoon cumin seed
- 1/2 teaspoon black sesame seeds
- 1/4 teaspoon coarse kosher salt
- 1/8 teaspoon chipotle chile powder ground, optional
- 1/4 cup pinenuts
- 1/2 cup walnuts
- 1/2 cup raw almonds
- 3/4 cup raw cashews
- 1/2 cup sugar

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 41 grams
3. Fat: 37 grams
4. Fiber: 5 grams
5. Protein: 12 grams
6. SaturatedFat: 4.5 grams
7. Sodium: 160 milligrams
8. Sugar: 28 grams

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