

Sweet And Spicy Christmas Nuts

Yield: 24 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-nuts-recipe-food>

Ingredients:

- 3/4 teaspoon cayenne pepper
- 3/4 teaspoon ground cumin
- 1 tablespoon cinnamon
- 1/2 teaspoon ginger
- 1 teaspoon salt
- 1 cup sugar
- 1 egg white
- 1 tablespoon water
- 6 cups nuts unsalted, such as walnuts, pecans, almonds cashews, macadamias, pistachios

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 16 grams
3. Fat: 19 grams
4. Fiber: 4 grams
5. Protein: 8 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 110 milligrams
8. Sugar: 10 grams

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