

Maple-Bacon Spiced Nuts

Yield: 2 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/holiday-nut-recipe-best>

Ingredients:

- 2 cups nuts mixed raw
- 1 large egg white lightly beaten
- 2 tablespoons dark brown sugar firmly-packed
- 1 tablespoon sea salt
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon cayenne pepper or to taste
- 1/4 teaspoon ground ginger
- 4 slices bacon
- 1 tablespoon maple syrup

Nutrition:

1. Calories: 1190 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 40 milligrams
4. Fat: 100 grams
5. Fiber: 15 grams
6. Protein: 41 grams
7. SaturatedFat: 14 grams
8. Sodium: 4080 milligrams
9. Sugar: 27 grams

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