

Holiday Spiced Mixed Nuts

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/holiday-rosemary-nuts-recipe>

Ingredients:

- 1 tablespoon butter
- 2 tablespoons shallots minced
- 2 tablespoons rosemary fresh, or 2 teaspoons dried
- 2 cups nuts mixed, raw
- 1 1/2 tablespoons coconut sugar
- 1/4 teaspoon sea salt or more, to taste
- 1 pinch cayenne pepper to taste

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 10 milligrams
4. Fat: 40 grams
5. Fiber: 7 grams
6. Protein: 16 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 190 milligrams
9. Sugar: 7 grams

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