



## Rosemary Spiced Nuts

A wonderful snack for your next holiday party!

### U.S.

2 cups	Mixed Party Nuts, low salt
1 large	Egg White
3/4 cup	Granulated Sugar
1 Tbsp	Dried Rosemary, ground
1 tsp	Cayenne Pepper

### Metric

265 g
1 large
150 g
3 g
0.75 g

### **Preparation:**

1. Gather all ingredients and equipment. Line a baking sheet with parchment paper.
2. Preheat oven to 300°F (150°C)
3. Using a stand mixer fitted with a whisk attachment, whisk egg white until soft peaks form, then whisk in the sugar.
4. Combine egg white with remaining ingredients.
5. Spread mixture onto the parchment lined baking sheet.
6. Bake for 10 minutes, stir the nuts, then bake for 10 more minutes.
7. Allow to cool completely before serving.

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## Nutrition Facts

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8 Servings

**Serving size**                      **1/4 cup**

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**Amount per serving**

**Calories**                              **290**

Calories from Fat                      160

**Total Fat**                              18 g

    Saturated Fat                      2 g

    Trans Fat                            0 g

    Monounsaturated Fat              0 g

**Cholesterol**                          0 mg

**Sodium**                                70 mg

**Total Carbohydrate**                26 g

    Dietary Fiber                      5 g

    Total Sugars                        19 g

        Includes 18g Added Sugars

**Protein**                                8 g

Vitamin D                               0 %

Calcium                                 0 %

Iron                                       0 %

Potassium                              15 mg

Phosphorus                              2 mg

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