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Peri-Peri Nuts · ·

Peri-Peri Nuts are a spicy and flavorful snack made with a blend of peri-peri spices and roasted nuts. They are perfect for parties, game nights, or as a quick and easy snack. The nuts are coated in a tangy and spicy peri-peri sauce and then roasted until crispy. The result is a delicious and addictive snack that is sure to impress your guests.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

400 g	mixed nuts (almonds, cashews, peanuts)
4 tbsp	peri-peri sauce
2 tbsp	Olive oil
1 tsp	Salt

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, combine the mixed nuts, peri-peri sauce, olive oil, and salt. Mix well to coat the nuts evenly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Spread the coated nuts in a single layer on a baking sheet.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Baking

Bake in the preheated oven for 15-20 minutes, or until the nuts are golden brown and crispy.

Prep Time: 0 mins

Cook Time: 20 mins

Step 5

Cooling

Remove from the oven and let cool completely before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 240 kcal

Fat: 20 g

Protein: 10 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	20 g	71.43%	80%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	15 mg	100%	100%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	8 mg	0.24%	0.31%
Zinc	8 mg	72.73%	100%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Game Day

Course

Snacks

Cooking Method

Boiling

Healthy For

Hepatitis

Kitchen Tools

Slow Cooker

Blender

Mixer

Oven

Stove

Microwave

Nutritional Content

Low Calorie

High Vitamin C

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Iron

High Calcium

Meal Type

Snack

Supper

Difficulty Level

Easy

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