Spices

Cuisine: **German**
Food category: **Vegetarian dishes**

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Program steps

1	Hot air	100 %	Termination by time	00:08 hh:mm	180 °C	80 %	

Ingredients - number of portions - 10

Name	Value	Unit
Nuts, unroasted, unseasoned, mixed (walnuts, pecans, almonds, pistachios, cashews)	1	kg
Olive oil	50	ml
Paprika powder	15	g
Apple strudel spice (Kotanyi)	15	g
Chili powder	10	g
Salt	15	g
Lemon pepper	5	g
Protein	4	pcs

Nutrition and allergens

Allergens: Nuts
Minerals: 1 mg, 5 mg, Calcium, Calcium: 98 mg, iron, Iron: 2, magnesium, Magnesium: 268 mg, phosphorus, Phosphorus: 346 mg, potassium, Potassium: 660 mg, sodium, Sodium: 38758 mg, Sodium: 5 mg, zinc, Zinc: 3
Vitamins: 0 mg, 1 mg, 3 mg, B-vitamins, Folate: 60 mcg, Niacin: 1, Riboflavin: 0, Thiamin: 0, Vitamin A, Vitamin B6: 0, vitamin C, vitamin E, Vitamin E: 12, vitamin K

Nutritional value of one portion	Value
Energy	619.2 kJ
Carbohydrate	24.4 g
Fat	54.4 g
Protein	18.5 g
Water	5.6 g

Directions

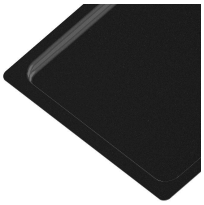
Whisk the egg whites but do not let them become completely stiff. Add the spices along with the olive oil and mix everything well. Add the nuts and mix until they are fully coated.

Spread the nut mixture onto a lined baking sheet, ensuring that everything is spread out flat. Bake for about 8 minutes at 180 °C in convection mode, let cool, and remove from the tray. Thanks to the coating, this works well without parchment paper.

Before serving, sprinkle the nuts with a bit of powdered sugar.

The spice mixture can be varied to taste - e.g. with turmeric, cinnamon, cardamom, or other spices.

Recommended accessories



Vision Bake