

Spiced Fruit and Nut Mix

Your family will love this festive holiday treat high in heart healthy fats.

Serves 20



Ingredients

- 1 pound pecan halves
- 1 tablespoon packed dark brown sugar
- 1 ½ teaspoons kosher salt
- 1 teaspoon finely chopped fresh thyme
- 1 teaspoon finely chopped fresh rosemary
- ½ teaspoon freshly ground pepper
- Pinch of cayenne pepper
- 2 tablespoons olive oil
- 1 cup dried cranberries

Nutrition Facts

Serving Size about 1/4 cup
Servings Per Recipe 20

Amount Per Serving

Calories 190 **Calories from Fat** 160

% Daily Value*

Total Fat 18g **28%**

 Saturated Fat 1.5g **8%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 9g **3%**

 Dietary Fiber 3g **12%**

 Sugars 6g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. Preheat oven to 350 degrees.
2. Spread pecans on a large baking sheet.
3. Roast until fragrant, about 12 minutes. Watch carefully so they don't burn.
4. Combine brown sugar, salt, thyme, rosemary, pepper and cayenne in a small bowl.
5. Transfer the roasted pecans to a large bowl, drizzle with oil and toss well to coat completely.
6. Sprinkle with the spice mixture and toss again.
7. Stir in cranberries
8. Enjoy warm or store in an airtight container for up to 2 weeks.

Adapted from *Eating Well*,
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Please note: nutritional values are approximate.

