INDIAN · SNACK

Spicy Masala Cashews with Cumin and Amchur

15 min · Makes 6 × ⅓ cup (about 50 g) · 303 kcal a portion · Video 4:43 · Manjula's Kitchen

Vegan · Gluten-free ingredients

Whole cashews toasted in a little oil and tossed in spices, with no sugar: a vegan, gluten-free snack with about 9 g of protein a serve, rich in magnesium and zinc and a source of iron.

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Ingredients

8 · MAKES 6 × ⅓ CUP (ABOUT 50 G)

- [ ] 2 cups **raw cashew nuts** (kaju), about 10 oz
- [ ] 2 tbsp **oil**
- [ ] 1 tsp **roasted ground cumin** (bhuna jeera)
- [ ] 1 tsp **salt**
- [ ] ¼ tsp **black salt** (kala namak)
- [ ] ¼ tsp **cayenne** (or red chilli powder)
- [ ] ¼ tsp **black pepper**
- [ ] ½ tsp **dry mango powder** (amchur)

Contains: Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Warm the oil in a wide pan over medium-low heat, add the cashews and stir constantly for about 8 minutes until evenly golden brown and fragrant. 1:26
2. Tip them onto a plate and let them cool for 3–4 minutes. 2:23
3. Meanwhile mix the roasted cumin, salt, black salt, mango powder, black pepper and cayenne. 2:39
4. Sprinkle the spice mix over the warm cashews and toss until evenly coated. Taste and adjust the salt and pepper. 3:04
5. Cool to room temperature before serving or packing into a jar. 3:45

> **Tip** Keeps for a couple of weeks in an airtight jar and makes a good gift. Black salt and amchur are sold in Indian grocers; use extra plain salt and a squeeze of lemon if you can't find them.

The method is a summary in our words — the video shows every step.

One portion, ⅓ cup (about 50 g), gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
303 kcal	8.7 g	15 g	1.7 g	25 g	490 mg
1,270 kJ	17% of a day	13 g net · 2.8 g sugars	6% of a day	4 g saturated	21% of a day
		5% of a day		32% of a day	

Energy from net carbs 17% · protein 11% · fat 72% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Magnesium 33% · Omega-3 27% · Zinc 25%

Source of (10–19%) Iron 19% · Selenium 17% · Vitamin K 16% · Vitamin B6 12%

Recipe and video: Manjula's Kitchen (@manjulaskitchen) on YouTube — youtube.com/watch?v=XZSOL2IHOg8, published 24 November 2011. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/spicy-masala-cashews