



## Baked Walnuts

 Vegetarian  Gluten Free  Low Fod Map

READY IN



40 min.

SERVINGS



3

CALORIES



1527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup butter softened
- 2 egg whites beaten
- 1 pound walnut halves
- 1 cup sugar white

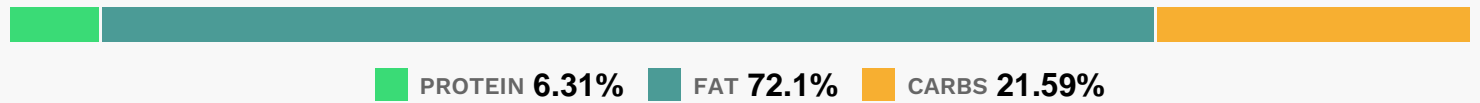
### Equipment

- baking sheet
- oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- To the stiff egg whites add sugar, butter and walnuts.
- Mix until nuts are well coated.
- Spread out on a cookie sheet.
- Bake in preheated oven for 20 to 30 minutes, stirring a couple of times, until browned.

## Nutrition Facts



## Properties

Glycemic Index:46.7, Glycemic Load:48.67, Inflammation Score:-9, Nutrition Score:28.598695594331%

## Flavonoids

Cyanidin: 4.1mg, Cyanidin: 4.1mg, Cyanidin: 4.1mg, Cyanidin: 4.1mg

## Nutrients (% of daily need)

Calories: 1527.16kcal (76.36%), Fat: 129.51g (199.25%), Saturated Fat: 28.71g (179.47%), Carbohydrates: 87.28g (29.09%), Net Carbohydrates: 77.15g (28.06%), Sugar: 70.64g (78.49%), Cholesterol: 81.34mg (27.11%), Sodium: 280.16mg (12.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.48g (50.97%), Manganese: 5.17mg (258.34%), Copper: 2.41mg (120.67%), Magnesium: 241.85mg (60.46%), Phosphorus: 535.22mg (53.52%), Vitamin B6: 0.81mg (40.7%), Fiber: 10.13g (40.52%), Folate: 150.11µg (37.53%), Vitamin B1: 0.52mg (34.55%), Zinc: 4.72mg (31.46%), Iron: 4.46mg (24.76%), Potassium: 709.79mg (20.28%), Vitamin B2: 0.34mg (20.01%), Vitamin A: 975.69IU (19.51%), Selenium: 12.19µg (17.41%), Calcium: 159.32mg (15.93%), Vitamin E: 1.94mg (12.91%), Vitamin B5: 0.94mg (9.41%), Vitamin B3: 1.73mg (8.65%), Vitamin K: 6.73µg (6.41%), Vitamin C: 1.97mg (2.38%), Vitamin B12: 0.08µg (1.37%)