



Candied Espresso Walnuts



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



694 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 teaspoon kosher salt
- ☐ 1 large egg whites
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons ground espresso finely
- ☐ 1 tablespoon espresso powder instant
- ☐ 0.7 cup sugar
- ☐ 12 ounces walnut halves

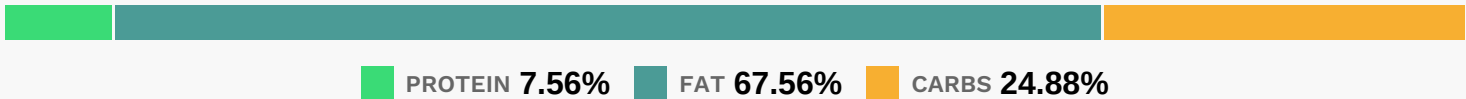
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ spatula

Directions

- ☐ Preheat oven to 325°F. Spray large rimmed baking sheet with nonstick spray.
- ☐ Whisk sugar and next 4 ingredients in small bowl.
- ☐ Whisk egg white in large bowl until frothy.
- ☐ Add walnuts; toss to coat.
- ☐ Sprinkle walnuts with espresso mixture and toss to coat.
- ☐ Spread coated walnuts on prepared sheet in single layer.
- ☐ Bake 5 minutes. Slide spatula under walnuts to loosen from baking sheet and stir, rearranging in single layer.
- ☐ Bake until walnuts are dry to touch, about 5 minutes longer. Loosen walnuts from sheet again; cool on sheet. DO AHEAD: Candied walnuts can be made 2 weeks ahead. Store in airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:23.77, Glycemic Load:24.46, Inflammation Score:-6, Nutrition Score:17.875217482772%

Flavonoids

Cyanidin: 2.3mg, Cyanidin: 2.3mg, Cyanidin: 2.3mg, Cyanidin: 2.3mg

Nutrients (% of daily need)

Calories: 693.87kcal (34.69%), Fat: 55.58g (85.51%), Saturated Fat: 5.22g (32.61%), Carbohydrates: 46.06g (15.35%), Net Carbohydrates: 40.22g (14.63%), Sugar: 35.55g (39.5%), Cholesterol: 0mg (0%), Sodium: 161.56mg (7.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 44.26mg (14.75%), Protein: 13.99g (27.98%), Manganese: 2.97mg (148.56%), Copper: 1.36mg (67.96%), Magnesium: 139.53mg (34.88%), Phosphorus: 299.45mg

(29.95%), Fiber: 5.83g (23.32%), Vitamin B6: 0.46mg (22.89%), Folate: 83.69µg (20.92%), Vitamin B1: 0.29mg (19.37%), Zinc: 2.64mg (17.62%), Iron: 2.58mg (14.31%), Potassium: 434.54mg (12.42%), Vitamin B2: 0.17mg (10.07%), Calcium: 88.62mg (8.86%), Selenium: 6.18µg (8.83%), Vitamin B3: 1.32mg (6.59%), Vitamin B5: 0.5mg (5.03%), Vitamin E: 0.6mg (4.01%), Vitamin K: 2.4µg (2.28%), Vitamin C: 1.12mg (1.35%)