



Chai-Cherry Walnuts

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



131 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup cherries dried
- 0.5 teaspoon cinnamon
- 2 teaspoons t brown sugar dark packed
- 0.3 teaspoon ground cardamom
- 0.1 teaspoon ground cloves
- 0.1 teaspoon ground ginger
- 0.1 teaspoon kosher salt
- 0.1 teaspoon pepper

- 2 teaspoons vegetable oil
- 1.5 cups walnut pieces

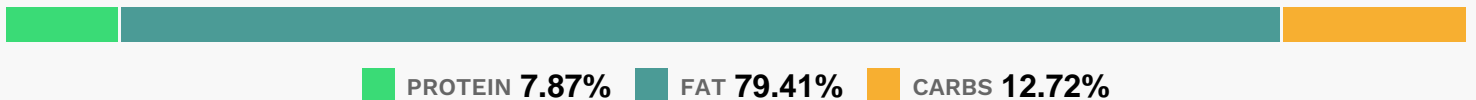
Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Preheat oven to 35
- In a small bowl, whisk together spices, salt, and pepper.
- Add brown sugar, oil, and walnuts. Gently toss and rub nuts in mixture until evenly coated.
- Spread walnuts on a rimmed baking sheet and bake, turning nuts halfway through baking, until light golden, 10 to 15 minutes total.
- Let nuts cool completely.
- Toss walnuts with dried cherries.
- Make ahead: Up to 1 week.

Nutrition Facts



Properties

Glycemic Index:8.4, Glycemic Load:0.46, Inflammation Score:-2, Nutrition Score:4.4082608916189%

Flavonoids

Cyanidin: 2.56mg, Cyanidin: 2.56mg, Cyanidin: 2.56mg, Cyanidin: 2.56mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 130.74kcal (6.54%), Fat: 12.37g (19.02%), Saturated Fat: 1.22g (7.61%), Carbohydrates: 4.46g (1.49%), Net Carbohydrates: 3.05g (1.11%), Sugar: 2.12g (2.36%), Cholesterol: 0mg (0%), Sodium: 29.74mg (1.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.51%), Manganese: 0.66mg (33.13%), Copper: 0.28mg (14.23%), Magnesium: 28.9mg (7.22%), Phosphorus: 62.46mg (6.25%), Fiber: 1.41g (5.62%), Vitamin B6: 0.1mg (4.93%), Folate: 17.5µg (4.38%), Vitamin B1: 0.06mg (4.13%), Zinc: 0.55mg (3.7%), Iron: 0.57mg (3.15%), Potassium: 95.69mg (2.73%), Vitamin K: 2.38µg (2.27%), Calcium: 20.27mg (2.03%), Vitamin B2: 0.03mg (1.7%), Vitamin E: 0.21mg (1.37%), Selenium: 0.89µg (1.27%), Vitamin B5: 0.12mg (1.16%), Vitamin B3: 0.21mg (1.07%)