



## Cook the Book: Candied Pecans and Herbed Toasted Walnuts

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



1583 kcal

### Ingredients

- ☐ 3 tablespoons honey
- ☐ 0.8 teaspoon oregano finely chopped
- ☐ 0.8 teaspoon parsley finely chopped
- ☐ 3 cups pecans raw
- ☐ 0.8 teaspoon rosemary finely chopped
- ☐ 1 pinch sea salt fine
- ☐ 0.8 teaspoon thyme leaves finely chopped
- ☐ 1 ounce butter unsalted

☐ 3 cups walnut halves raw

## Equipment

☐ bowl

☐ frying pan

☐ baking sheet

☐ sauce pan

☐ baking paper

☐ oven

☐ wire rack

## Directions

☐ Position the racks in the lower and upper thirds of the oven and preheat the oven to 250°F.

☐ Line a baking sheet with parchment paper and spread the nuts on the pan. Warm in the oven for 5 minutes (warming the nuts helps prevent them from crystalizing the honey).

☐ Meanwhile, pour the honey unto a small saucepan and warm over medium heat.

☐ Pour the nuts in a bowl, add the honey, and sprinkle with a pinch of salt. Stir to coat the nuts evenly with the honey.

☐ Line two baking sheets with Silpats and spread the nuts on the sheets.

☐ Sprinkle with the remaining 3/4 teaspoon of salt.

☐ Bake for 2 hours, rotating the pans halfway through baking.

☐ Remove the pans from the oven and separate any nuts that cling together.

☐ Let the nuts cool on the pans. Store in an airtight container for up to 1 week.

☐ Herbed Toasted Walnuts

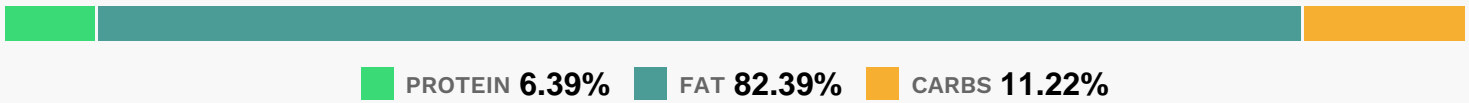
☐ Preheat the oven to 350°F. Line a baking sheet with parchment paper. Set a cooling rack on a second baking sheet.

☐ Spread the nuts on the lined baking sheet and toast them in the oven for 7 minutes. Rotate the pan and toast for 5 to 8 minutes longer, until the nuts are fragrant and lightly colored.

☐ Meanwhile, combine the butter and herbs in a small saucepan over medium heat. As soon as the butter begins to bubble, remove from the heat and set aside to infuse while the nuts

- toast.
- ☐ Pour the butter mixture into a medium bowl, add the salt, and swirl the butter around the sides of the bowl.
  - ☐ Add the nuts and toss to coat.
  - ☐ Transfer the nuts to a rack and drizzle any remaining butter over them.
  - ☐ Let cool slightly. Since these are coated in butter, they are best served warm.
  - ☐ To store, cool the nuts completely, then store in an airtight container for up to 1 week. Reheat on a baking sheet in a warm oven before serving.

## Nutrition Facts



### Properties

Glycemic Index:78.09, Glycemic Load:11.12, Inflammation Score:-10, Nutrition Score:34.787826039221%

### Flavonoids

Cyanidin: 13.8mg, Cyanidin: 13.8mg, Cyanidin: 13.8mg, Cyanidin: 13.8mg Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

### Nutrients (% of daily need)

Calories: 1582.79kcal (79.14%), Fat: 155.26g (238.87%), Saturated Fat: 18.16g (113.48%), Carbohydrates: 47.58g (15.86%), Net Carbohydrates: 29.91g (10.87%), Sugar: 24.25g (26.95%), Cholesterol: 20.32mg (6.77%), Sodium: 17.34mg (0.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.08g (54.16%), Manganese: 8.5mg (425.03%), Copper: 3.06mg (153.17%), Magnesium: 307.48mg (76.87%), Fiber: 17.68g (70.72%), Vitamin B1: 1.05mg (70.27%), Phosphorus: 683.46mg (68.35%), Zinc: 8.18mg (54.52%), Vitamin B6: 0.85mg (42.45%), Iron: 6.28mg (34.89%), Folate: 138.67µg (34.67%), Potassium: 944.78mg (26.99%), Calcium: 197.86mg (19.79%), Vitamin B2: 0.32mg (18.85%), Vitamin E: 2.52mg (16.77%), Vitamin B5: 1.55mg (15.53%), Selenium: 9.78µg (13.97%), Vitamin B3: 2.53mg (12.65%), Vitamin K: 10.8µg (10.29%), Vitamin A: 350.14IU (7%), Vitamin C: 3.58mg (4.33%)