




Glazed Nuts

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



1163 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup brown sugar packed
- 1 egg white
- 2 tablespoons ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground ginger
- 1 tablespoon vanilla extract
- 1 pound walnut halves

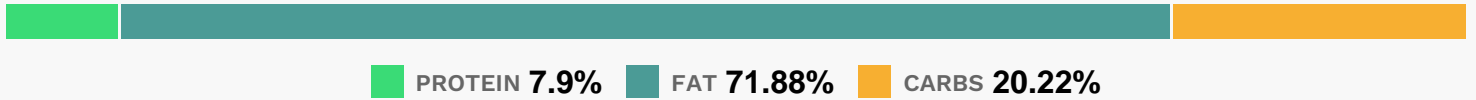
Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 300 degrees F (150 degrees C). Coat a baking sheet with cooking spray.
- In a large bowl, beat egg white until foamy. Stir in brown sugar, cinnamon, cloves, ginger, and vanilla.
- Add nuts, and stir to coat.
- Spread evenly onto prepared pan.
- Bake for 30 minutes, stirring occasionally, or until well toasted and golden brown.
- Remove from oven, and cool completely. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:2.19, Inflammation Score:-8, Nutrition Score:28.680434832106%

Flavonoids

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

Nutrients (% of daily need)

Calories: 1163.08kcal (58.15%), Fat: 98.78g (151.97%), Saturated Fat: 9.33g (58.32%), Carbohydrates: 62.52g (20.84%), Net Carbohydrates: 49.24g (17.9%), Sugar: 40.29g (44.76%), Cholesterol: 0mg (0%), Sodium: 32.84mg (1.43%), Alcohol: 1.49g (100%), Alcohol %: 0.9% (100%), Protein: 24.43g (48.86%), Manganese: 6.75mg (337.54%), Copper: 2.45mg (122.52%), Magnesium: 250.17mg (62.54%), Phosphorus: 531.6mg (53.16%), Fiber: 13.28g (53.13%), Vitamin B6: 0.84mg (42.19%), Folate: 149.51µg (37.38%), Vitamin B1: 0.52mg (34.6%), Zinc: 4.83mg (32.19%), Iron: 5.33mg (29.6%), Calcium: 238.2mg (23.82%), Potassium: 776.85mg (22.2%), Vitamin B2: 0.28mg (16.45%), Selenium: 10.43µg (14.91%), Vitamin B5: 0.96mg (9.56%), Vitamin B3: 1.91mg (9.54%), Vitamin E: 1.24mg (8.27%), Vitamin K: 6.7µg (6.38%), Vitamin C: 2.17mg (2.64%)