



Irresistable Spiced Walnuts



Vegetarian



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



278 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons granulated sugar
- ☐ 0.3 teaspoons ground cayenne
- ☐ 1.5 teaspoons ground cumin
- ☐ 1 teaspoon ground ginger
- ☐ 1 teaspoon kosher salt (Morton)
- ☐ 0.5 teaspoon soya sauce low sodium
- ☐ 2 tablespoons butter unsalted
- ☐ 2.5 cups walnuts good

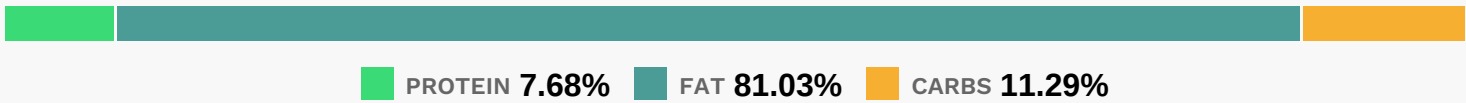
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat the oven to 400 degrees F. and have ready a large, rimmed baking sheet.In a large saucepan, bring about 2 cups of water to a boil.
- ☐ Add the nuts and boil the nuts for 2 minutes (this removes some of their bitterness).
- ☐ Drain well.In a large skillet, melt the butter.
- ☐ Mix together the ginger, cumin, salt, cayenne and granulated sugar and add to the butter.
- ☐ Add the soy sauce.
- ☐ Add the nuts and toss until nuts are warm and coated with the spice mixture.
- ☐ Spread nuts on a baking sheet and bake for about 8 to 10 minutes or until they are lightly toasted.
- ☐ Let cool and crisp. If they're not spicy enough for you, sprinkle with red pepper flakes.

Nutrition Facts



Properties

Glycemic Index:15.89, Glycemic Load:2.62, Inflammation Score:-4, Nutrition Score:8.9230433913029%

Flavonoids

Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg

Nutrients (% of daily need)

Calories: 278.38kcal (13.92%), Fat: 26.79g (41.22%), Saturated Fat: 4.05g (25.33%), Carbohydrates: 8.4g (2.8%), Net Carbohydrates: 5.85g (2.13%), Sugar: 3.98g (4.42%), Cholesterol: 7.53mg (2.51%), Sodium: 303.8mg (13.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.42%), Manganese: 1.35mg (67.38%), Copper: 0.59mg

(29.36%), Magnesium: 60.06mg (15.02%), Phosphorus: 130.34mg (13.03%), Fiber: 2.54g (10.17%), Vitamin B6: 0.2mg (10.08%), Folate: 36.21µg (9.05%), Vitamin B1: 0.13mg (8.51%), Zinc: 1.17mg (7.77%), Iron: 1.38mg (7.64%), Potassium: 174.56mg (4.99%), Calcium: 40.84mg (4.08%), Vitamin B2: 0.06mg (3.5%), Selenium: 2.01µg (2.87%), Vitamin A: 125.62IU (2.51%), Vitamin E: 0.37mg (2.46%), Vitamin B3: 0.46mg (2.31%), Vitamin B5: 0.21mg (2.14%), Vitamin K: 1.3µg (1.24%)