



Linda's Fried Walnuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



85 min.

SERVINGS



6

CALORIES



831 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 cup canola oil



1 pinch salt to taste



6 cups walnut halves shelled

Equipment



frying pan



baking sheet



mixing bowl



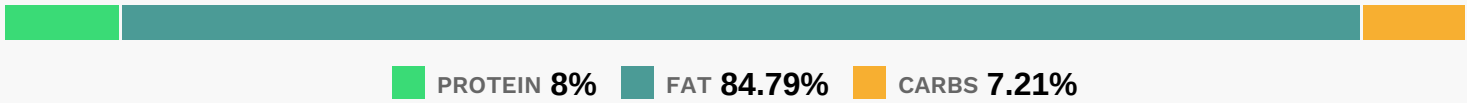
pot

- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Bring a pot of water to a boil, and stir in half the walnuts; reduce heat to medium, and boil for 1 minute.
- ☐ Remove nuts with a slotted spoon, and let drain in a colander set in the sink. Repeat with remaining walnuts. Rinse the walnuts under hot water, and transfer to a mixing bowl. Toss the walnuts with the sugar.
- ☐ In an electric skillet with heat set to 350 degrees F (175 degrees C), heat the canola oil. With a metal slotted spoon, place enough nuts to cover the bottom of the skillet; the oil will sizzle and pop, so be careful to avoid spatters. Gently stir the nuts with the spoon. Fry the walnuts until golden brown, about 5 minutes per batch.
- ☐ Transfer the walnuts in clumps to a baking sheet.
- ☐ Sprinkle the nuts with salt, and let cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:3.33, Glycemic Load:1.64, Inflammation Score:-8, Nutrition Score:22.751304277907%

Flavonoids

Cyanidin: 3.17mg, Cyanidin: 3.17mg, Cyanidin: 3.17mg, Cyanidin: 3.17mg

Nutrients (% of daily need)

Calories: 831.19kcal (41.56%), Fat: 83.75g (128.85%), Saturated Fat: 7.72g (48.26%), Carbohydrates: 16.03g (5.34%), Net Carbohydrates: 8.19g (2.98%), Sugar: 3.05g (3.39%), Cholesterol: 0mg (0%), Sodium: 8.8mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.78g (35.57%), Manganese: 3.99mg (199.72%), Copper: 1.86mg (93.02%), Magnesium: 184.86mg (46.22%), Phosphorus: 404.82mg (40.48%), Vitamin B6: 0.63mg (31.41%), Fiber: 7.84g (31.36%), Folate: 114.66µg (28.67%), Vitamin B1: 0.4mg (26.6%), Zinc: 3.62mg (24.1%), Iron: 3.4mg (18.92%), Potassium: 515.97mg (14.74%), Vitamin E: 2.13mg (14.17%), Calcium: 114.66mg (11.47%), Vitamin B2: 0.18mg (10.32%), Selenium: 5.73µg (8.19%), Vitamin K: 8.48µg (8.08%), Vitamin B5: 0.67mg (6.67%), Vitamin B3: 1.31mg (6.55%), Vitamin C: 1.52mg (1.84%)