



Linda's Fried Walnuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



85 min.

SERVINGS



6

CALORIES



895 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup canola oil
- ☐ 1 pinch salt to taste
- ☐ 6 cups walnut halves shelled
- ☐ 0.5 cup sugar white or as needed

Equipment

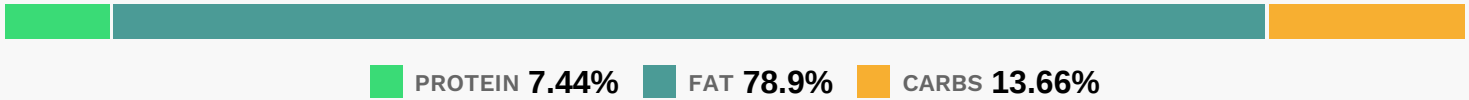
- ☐ frying pan
- ☐ baking sheet
- ☐ mixing bowl

- ☐ 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:15.02, Glycemic Load:13.27, Inflammation Score:-8, Nutrition Score:22.770869611398%

Flavonoids

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

Nutrients (% of daily need)

Calories: 895.35kcal (44.77%), Fat: 83.8g (128.93%), Saturated Fat: 7.72g (48.26%), Carbohydrates: 32.63g (10.88%), Net Carbohydrates: 24.79g (9.01%), Sugar: 19.69g (21.87%), Cholesterol: 0mg (0%), Sodium: 8.97mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.78g (35.57%), Manganese: 4mg (199.75%), Copper: 1.86mg (93.07%), 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 (24.11%), Iron: 3.41mg (18.96%), Potassium: 516.3mg (14.75%), Vitamin E: 2.13mg (14.17%), Calcium: 114.83mg (11.48%), Vitamin B2: 0.18mg (10.51%), Selenium: 5.83µg (8.33%), Vitamin K: 8.48µg (8.08%), Vitamin B5: 0.67mg (6.67%), Vitamin B3: 1.31mg (6.55%), Vitamin C: 1.52mg (1.84%)