



Roasted Hazelnuts with Thyme



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



255 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



8 servings sea salt to taste



2 tablespoons thyme sprigs fresh



10 ounces hazelnuts



2 tablespoons olive oil extra virgin extra-virgin

Equipment



bowl



frying pan



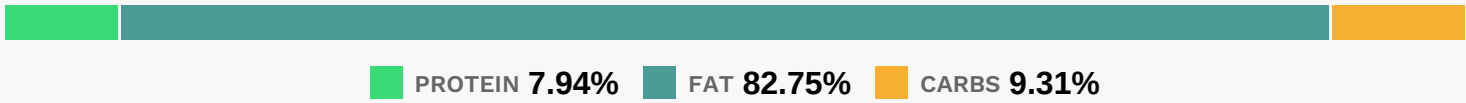
oven

- ☐ baking pan
- ☐ kitchen towels

Directions

- ☐ Preheat oven to 450°F with rack in middle.
- ☐ Roast nuts in 1 layer in a shallow baking pan in oven until nuts have a toasted aroma and skins are very dark, about 8 minutes.
- ☐ Remove from oven and let stand 30 minutes, then, if desired, rub in a kitchen towel to remove any loose skins.
- ☐ Heat nuts with thyme in oil in a large heavy skillet over medium heat, shaking skillet, just until hot.
- ☐ Transfer to a bowl and sprinkle with sea salt.
- ☐ • Nuts can be roasted and skinned 1 day ahead and kept, covered, at room temperature.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.45, Inflammation Score:-9, Nutrition Score:13.056086871935%

Flavonoids

Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg

Nutrients (% of daily need)

Calories: 255.25kcal (12.76%), Fat: 25.08g (38.58%), Saturated Fat: 2.07g (12.95%), Carbohydrates: 6.35g (2.12%), Net Carbohydrates: 2.66g (0.97%), Sugar: 1.54g (1.71%), Cholesterol: 0mg (0%), Sodium: 194.02mg (8.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.83%), Manganese: 2.22mg (110.94%), Vitamin E: 5.82mg (38.8%), Copper: 0.62mg (30.97%), Vitamin B1: 0.23mg (15.25%), Magnesium: 60.57mg (15.14%), Fiber: 3.68g (14.73%), Iron: 1.99mg (11.07%), Phosphorus: 104.62mg (10.46%), Vitamin B6: 0.21mg (10.28%), Folate: 40.83µg (10.21%), Potassium: 251.7mg (7.19%), Vitamin K: 7.14µg (6.8%), Vitamin C: 5.03mg (6.1%), Zinc: 0.9mg (6%),

Calcium: 47.64mg (4.76%), Vitamin B3: 0.67mg (3.35%), Vitamin B5: 0.33mg (3.32%), Vitamin B2: 0.05mg (2.84%),
Vitamin A: 90.23IU (1.8%), Selenium: 0.85µg (1.22%)