



Rosemary and Thyme Walnuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



226 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 3 teaspoons thyme sprigs fresh chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 5 teaspoons maple syrup pure
- ☐ 5 teaspoons olive oil
- ☐ 2 cups walnut halves

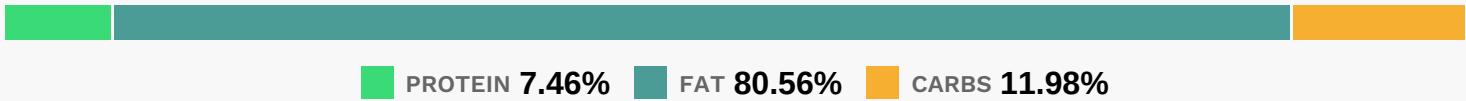
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 350°F. In a bowl,whisk 5 teaspoons olive oil with 5 teaspoonspure maple syrup and 1/4 teaspooncayenne pepper. Stir in 1 tablespoonchopped fresh rosemary and2 teaspoons chopped fresh thyme.
- ☐ Add2 cups walnut halves; toss wellto coat.
- ☐ Spread evenly on a bakingsheet lined with parchment paper.
- ☐ Bake until fragrant and crisp, 10 to12 minutes.
- ☐ Sprinkle with 1 teaspoonchopped fresh thyme and 1/4 teaspoonkosher salt. Cool completely.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:16.69, Glycemic Load:1.53, Inflammation Score:-7, Nutrition Score:7.5547825771829%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg

Nutrients (% of daily need)

Calories: 226.49kcal (11.32%), Fat: 21.61g (33.24%), Saturated Fat: 2.15g (13.44%), Carbohydrates: 7.23g (2.41%), Net Carbohydrates: 5.11g (1.86%), Sugar: 3.39g (3.77%), Cholesterol: 0mg (0%), Sodium: 73.85mg (3.21%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.5g (9.01%), Manganese: 1.12mg (55.8%), Copper: 0.47mg (23.51%), Magnesium: 48.66mg (12.16%), Phosphorus: 102.35mg (10.23%), Fiber: 2.12g (8.47%), Vitamin B6: 0.16mg (8.1%), Folate: 29.34µg (7.34%), Vitamin B1: 0.1mg (6.89%), Zinc: 0.95mg (6.35%), Vitamin B2: 0.1mg (6.11%), Iron: 1.02mg (5.68%), Potassium: 146.37mg (4.18%), Vitamin E: 0.58mg (3.89%), Calcium: 37.43mg (3.74%), Vitamin K: 2.34µg (2.23%), Selenium: 1.44µg (2.06%), Vitamin C: 1.68mg (2.04%), Vitamin B3: 0.35mg (1.76%), Vitamin B5: 0.17mg (0.34%)

(1.72%), Vitamin A: 74.8IU (1.5%)