



Rosemary Walnuts

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



243 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon ground pepper red
- 2 tablespoons very rosemary fresh finely minced
- 0.3 teaspoon salt
- 0.3 cup butter unsalted cold cut into 4 pieces
- 2 cups walnut halves

Equipment

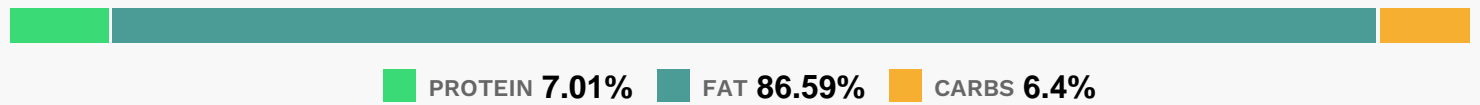
- frying pan
- oven

aluminum foil

Directions

- To make the butter, combine first 4 ingredients in foil-lined jellyroll pan.
- Bake at 400 until butter melts; remove from oven.
- Add walnuts; toss to coat.
- Bake 6 to 9 minutes or until walnuts are lightly toasted, stirring at 3-minute intervals.
- Let cool. Package in an airtight container.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.41, Inflammation Score:-4, Nutrition Score:7.0382609062869%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 242.91kcal (12.15%), Fat: 24.86g (38.25%), Saturated Fat: 5.45g (34.08%), Carbohydrates: 4.13g (1.38%), Net Carbohydrates: 2.09g (0.76%), Sugar: 0.77g (0.86%), Cholesterol: 15.25mg (5.08%), Sodium: 74.18mg (3.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.05%), Manganese: 1mg (50.22%), Copper: 0.47mg (23.39%), Magnesium: 46.86mg (11.72%), Phosphorus: 103.33mg (10.33%), Fiber: 2.04g (8.16%), Vitamin B6: 0.16mg (7.99%), Folate: 29.46µg (7.36%), Vitamin B1: 0.1mg (6.69%), Zinc: 0.92mg (6.11%), Iron: 0.89mg (4.94%), Vitamin A: 210.75IU (4.21%), Potassium: 134.68mg (3.85%), Calcium: 32.04mg (3.2%), Vitamin B2: 0.05mg (2.78%), Vitamin E: 0.38mg (2.52%), Selenium: 1.51µg (2.15%), Vitamin B5: 0.18mg (1.79%), Vitamin B3: 0.34mg (1.69%), Vitamin K: 1.31µg (1.25%)