



Sherried Orange Walnuts



Vegetarian



Gluten Free

READY IN



85 min.

SERVINGS



5

CALORIES



1065 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 6 tablespoons cream sherry
- ☐ 1 teaspoon orange extract
- ☐ 1 tablespoon orange zest grated
- ☐ 0.5 teaspoon salt
- ☐ 5 cups walnut halves
- ☐ 0.5 cup sugar white

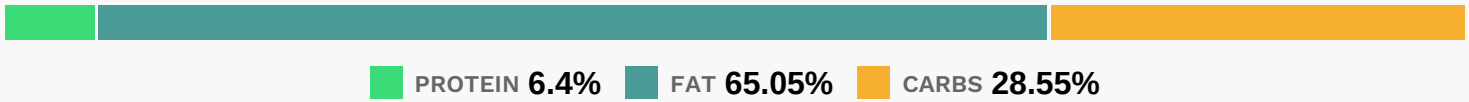
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ aluminum foil

Directions

- ☐ Line a baking sheet with aluminum foil or parchment paper.
- ☐ Place the brown sugar, white sugar, salt, sherry, orange zest, and orange extract into a heavy saucepan, and stir until well combined. Bring to a boil over medium-low heat, stirring constantly; boil for 1 minute. Stir in the butter.
- ☐ Remove from heat, and stir in the walnut halves to coat with syrup.
- ☐ Spread the candied walnut halves out onto the prepared baking sheet, and allow to cool thoroughly, at least 1 hour. Break into bite-size chunks to serve.

Nutrition Facts



Properties

Glycemic Index:31.02, Glycemic Load:15.67, Inflammation Score:-8, Nutrition Score:23.184347905543%

Flavonoids

Cyanidin: 3.17mg, Cyanidin: 3.17mg, Cyanidin: 3.17mg, Cyanidin: 3.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1065.46kcal (53.27%), Fat: 80.89g (124.45%), Saturated Fat: 10.05g (62.82%), Carbohydrates: 79.88g (26.63%), Net Carbohydrates: 71.92g (26.15%), Sugar: 65.87g (73.19%), Cholesterol: 12.04mg (4.01%), Sodium: 284.35mg (12.36%), Alcohol: 1.85g (100%), Alcohol %: 1.13% (100%), Protein: 17.92g (35.83%), Manganese: 4.05mg (202.25%), Copper: 1.88mg (94.22%), Magnesium: 191mg (47.75%), Phosphorus: 411.42mg (41.14%), Vitamin B6:

0.66mg (32.88%), Fiber: 7.97g (31.86%), Folate: 115.81µg (28.95%), Vitamin B1: 0.4mg (26.77%), Zinc: 3.66mg (24.4%), Iron: 3.79mg (21.05%), Potassium: 591.61mg (16.9%), Calcium: 156.42mg (15.64%), Vitamin B2: 0.19mg (10.88%), Selenium: 6.47µg (9.24%), Vitamin B5: 0.75mg (7.45%), Vitamin B3: 1.39mg (6.96%), Vitamin E: 0.95mg (6.35%), Vitamin C: 3.15mg (3.82%), Vitamin K: 3.62µg (3.45%), Vitamin A: 168.38IU (3.37%)