



Sugar Glazed Walnuts

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



263 kcal

SIDE DISH

Ingredients

- 2 cups walnut halves
- 0.3 cup water
- 0.8 cup sugar white

Equipment

- baking sheet
- oven
- microwave

Directions

- Lightly grease a baking sheet. In a 1 quart glass measure, combine walnut halves, sugar, and water. Cook in microwave oven on high setting for 8 to 8 1/2 minutes, or until sugar has caramelized. Stir several times during cooking.
- Pour out onto prepared baking sheet, and separate into pieces.
- Let cool completely. store in an airtight container.

Nutrition Facts

PROTEIN 6.34% **FAT 61.34%** **CARBS 32.32%**

Properties

Glycemic Index:11.26, Glycemic Load:13.5, Inflammation Score:-3, Nutrition Score:6.6517391499618%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg

Nutrients (% of daily need)

Calories: 263.48kcal (13.17%), Fat: 19.13g (29.43%), Saturated Fat: 1.79g (11.21%), Carbohydrates: 22.68g (7.56%), Net Carbohydrates: 20.72g (7.54%), Sugar: 19.48g (21.64%), Cholesterol: 0mg (0%), Sodium: 1.14mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.89%), Manganese: 1mg (49.97%), Copper: 0.47mg (23.38%), Magnesium: 46.29mg (11.57%), Phosphorus: 101.21mg (10.12%), Vitamin B6: 0.16mg (7.85%), Fiber: 1.96g (7.84%), Folate: 28.67µg (7.17%), Vitamin B1: 0.1mg (6.65%), Zinc: 0.91mg (6.04%), Iron: 0.86mg (4.78%), Potassium: 129.37mg (3.7%), Calcium: 29.07mg (2.91%), Vitamin B2: 0.05mg (2.79%), Selenium: 1.55µg (2.21%), Vitamin B5: 0.17mg (1.67%), Vitamin B3: 0.33mg (1.64%), Vitamin E: 0.2mg (1.37%)