



Sugared Curried Walnuts



Vegetarian



Gluten Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



291 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 0.1 teaspoon curry powder
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.1 teaspoon kosher salt
- ☐ 3 tablespoons sugar
- ☐ 6 ounce walnut halves

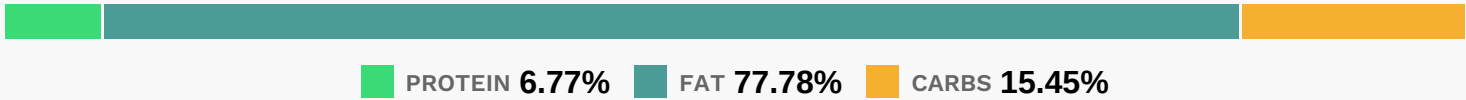
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Toss walnuts in melted butter. Stir together sugar and next 4 ingredients in a medium bowl; sprinkle over walnuts, tossing to coat.
- ☐ Spread in a single layer on a nonstick aluminum foil-lined pan.
- ☐ Bake at 350 for 10 minutes. Cool in pan on a wire rack; separate walnuts with a fork. Store in an airtight container for up to 1 week.
- ☐ *Pecan halves may be substituted.

Nutrition Facts



Properties

Glycemic Index:35.42, Glycemic Load:5.51, Inflammation Score:-4, Nutrition Score:8.0873911626961%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg

Nutrients (% of daily need)

Calories: 291.02kcal (14.55%), Fat: 26.77g (41.18%), Saturated Fat: 4.97g (31.06%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 9.64g (3.51%), Sugar: 8.09g (8.99%), Cholesterol: 12.04mg (4.01%), Sodium: 94.97mg (4.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.48%), Manganese: 1.2mg (59.92%), Copper: 0.54mg (27.13%), Magnesium: 54.28mg (13.57%), Phosphorus: 119.54mg (11.95%), Fiber: 2.32g (9.29%), Vitamin B6: 0.19mg (9.26%), Folate: 33.65µg (8.41%), Vitamin B1: 0.12mg (7.77%), Zinc: 1.06mg (7.09%), Iron: 1.03mg (5.74%), Potassium: 154.62mg (4.42%), Calcium: 35.22mg (3.52%), Vitamin A: 168.08IU (3.36%), Vitamin B2: 0.06mg (3.24%), Vitamin E: 0.39mg (2.63%), Selenium: 1.84µg (2.62%), Vitamin B5: 0.2mg (2.01%), Vitamin B3: 0.4mg (2%), Vitamin K: 1.4µg (1.33%)