



Sweet-and-Spicy Sesame Walnuts

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



20

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.3 teaspoons cayenne pepper
- 0.5 teaspoon kosher salt
- 4 ounces sesame seed
- 1 cup sugar
- 4 cups walnut halves
- 0.5 cup water

Equipment

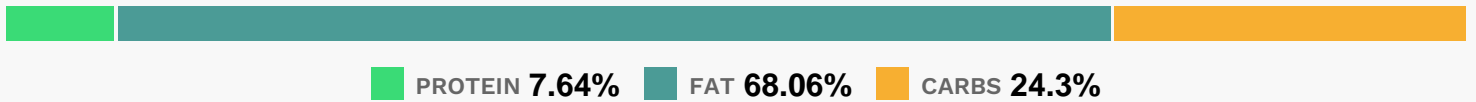
- bowl

- baking sheet
- sauce pan
- baking paper
- oven

Directions

- Preheat the oven to 350 and line a baking sheet with parchment paper. In a large, wide saucepan, combine the walnuts, sugar and water and bring to a boil.
- Add the sesame seeds, cayenne and salt and cook over moderate heat, stirring constantly, until the water is nearly evaporated, about 4 minutes. Lower the heat and cook, stirring constantly, until the walnuts are golden brown and sandy, about 4 minutes longer.
- Immediately pour the walnuts onto the prepared baking sheet and spread in a single layer.
- Bake for about 20 minutes, until the nuts are deeply golden and covered with a sandy coating.
- Let the walnuts cool completely. Break any large clusters apart; transfer to a bowl to serve.

Nutrition Facts



Properties

Glycemic Index:7.85, Glycemic Load:7.55, Inflammation Score:-4, Nutrition Score:7.8178261013135%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg

Nutrients (% of daily need)

Calories: 224.42kcal (11.22%), Fat: 18.13g (27.89%), Saturated Fat: 1.83g (11.46%), Carbohydrates: 14.57g (4.86%), Net Carbohydrates: 12.3g (4.47%), Sugar: 10.62g (11.8%), Cholesterol: 0mg (0%), Sodium: 59.66mg (2.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.15%), Manganese: 0.94mg (47.07%), Copper: 0.61mg (30.28%), Magnesium: 57.12mg (14.28%), Phosphorus: 116.99mg (11.7%), Fiber: 2.27g (9.08%), Vitamin B6: 0.17mg (8.68%), Iron: 1.52mg (8.45%), Vitamin B1: 0.13mg (8.34%), Calcium: 78.71mg (7.87%), Zinc: 1.17mg (7.78%), Folate: 28.56µg (7.14%), Selenium: 3.17µg (4.53%), Potassium: 132.46mg (3.78%), Vitamin B2: 0.05mg (3.07%), Vitamin B3: 0.53mg (2.64%), Vitamin E: 0.22mg (1.44%), Vitamin B5: 0.14mg (1.36%), Vitamin A: 57.2IU (1.14%)