



Walnut-Thyme Honey



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 4 chili peppers dried whole
- ☐ 8 servings pepper freshly ground
- ☐ 0.3 teaspoon lemon zest finely grated
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 0.8 cup orange-flower water
- ☐ 1 tablespoon rosemary leaves fresh
- ☐ 1 cup walnut pieces

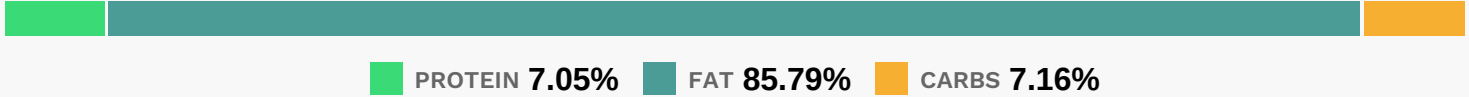
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 325°F.
- ☐ Spread the walnutson a rimmed baking sheet.
- ☐ Bake, stirring occasionally,until lightly browned and fragrant,about 15 minutes.
- ☐ Let cool. Coarsely chop;set aside.
- ☐ Whisk honey and oil in a medium bowl toblend. Season to taste with salt and pepper.Fold in walnuts, thyme, and lemon zest.
- ☐ Add chiles. Divide between two 8-ounce jars.Cover and chill. DO AHEAD: Can be made 1month ahead. Keep chilled. Stir before using.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:3.7269565203915%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 120.93kcal (6.05%), Fat: 12.27g (18.87%), Saturated Fat: 1.28g (8%), Carbohydrates: 2.3g (0.77%), Net Carbohydrates: 1.19g (0.43%), Sugar: 0.49g (0.54%), Cholesterol: 0mg (0%), Sodium: 0.66mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.54%), Manganese: 0.52mg (25.83%), Copper: 0.24mg (11.76%), Magnesium: 23.74mg (5.93%), Phosphorus: 51.33mg (5.13%), Fiber: 1.12g (4.48%), Vitamin B6: 0.08mg (4.09%), Folate: 14.76µg (3.69%), Vitamin B1: 0.05mg (3.35%), Vitamin E: 0.5mg (3.33%), Zinc: 0.46mg (3.05%), Iron: 0.48mg (2.68%), Vitamin K: 2.45µg (2.34%), Potassium: 72.3mg (2.07%), Calcium: 15.79mg (1.58%), Vitamin A: 77.03IU (1.54%), Vitamin B2: 0.03mg (1.5%), Selenium: 0.73µg (1.04%)