



Walnut-Thyme Honey



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



60

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 chili peppers dried whole
- ☐ 0.8 cup honey
- ☐ 60 servings pepper black freshly ground
- ☐ 0.3 teaspoon lemon zest freshly grated
- ☐ 0.8 cup olive oil
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 1 cup walnuts shelled

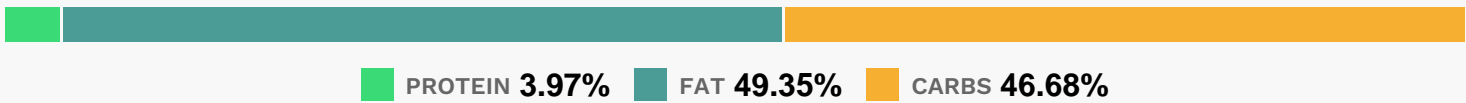
Equipment

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

Directions

- ☐ Preheat the oven to 350°F.
- ☐ Spread the walnuts on a baking sheet and bake until they are toasted and fragrant, about 10 minutes.
- ☐ Let the walnuts cool, then coarsely chop and set aside.
- ☐ Whisk honey and olive oil in a medium bowl until well blended. Season to taste with salt and pepper. Fold in walnuts, chopped thyme, and lemon zest.
- ☐ Place one sprig of thyme and one dried chili de árbol in each of three 4-ounce jars. Divide the honey mixture evenly between the jars. Seal and store in the refrigerator for up to one month.

Nutrition Facts



Properties

Glycemic Index:2.49, Glycemic Load:1.87, Inflammation Score:-1, Nutrition Score:0.62217391573864%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 30.86kcal (1.54%), Fat: 1.82g (2.8%), Saturated Fat: 0.2g (1.23%), Carbohydrates: 3.87g (1.29%), Net Carbohydrates: 3.68g (1.34%), Sugar: 3.54g (3.93%), Cholesterol: 0mg (0%), Sodium: 0.27mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.66%), Manganese: 0.08mg (4.25%), Copper: 0.03mg (1.73%)