



White Chocolate Walnut Butter



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



567 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon cinnamon
- ☐ 0.5 teaspoon fleur del sel
- ☐ 0.3 teaspoon vanilla extract pure
- ☐ 2 tablespoons walnut oil neutral
- ☐ 2 cups walnuts
- ☐ 0.5 cup chocolate chips white

Equipment

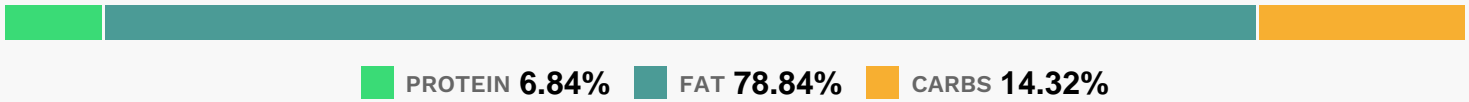
- ☐ food processor

- ☐ bowl
- ☐ microwave

Directions

- ☐ Put the chocolate chips in a small, microwave-safe bowl and microwave on high for 20-second intervals until the chocolate is mostly melted and almost completely smooth. Stir until completely melted and smooth and set aside to cool slightly.
- ☐ Put the walnuts in a food processor and process until they breakdown and form a smooth paste, scraping down the bowl once or twice, 2 to 4 minutes. With the motor running, slowly drizzle in the oil and process until it is incorporated and the walnut butter is thick, 1 minute.
- ☐ Add the fleur de sel, vanilla, cinnamon, and white chocolate and process until combined.
- ☐ Transfer the walnut butter to a jar with a tight-fitting lid and store at room temperature for up to a week, or refrigerate for up to a month. If storing in the refrigerator, allow the walnut butter to come to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:10.11, Inflammation Score:-5, Nutrition Score:14.552173764809%

Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg

Nutrients (% of daily need)

Calories: 566.62kcal (28.33%), Fat: 52.37g (80.56%), Saturated Fat: 8.59g (53.68%), Carbohydrates: 21.42g (7.14%), Net Carbohydrates: 17.42g (6.33%), Sugar: 14.83g (16.48%), Cholesterol: 4.72mg (1.58%), Sodium: 312.13mg (13.57%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Protein: 10.22g (20.43%), Manganese: 2.01mg (100.56%), Copper: 0.94mg (47.21%), Phosphorus: 242.07mg (24.21%), Magnesium: 95.21mg (23.8%), Vitamin B6: 0.33mg (16.35%), Fiber: 4g (15.99%), Folate: 58.91µg (14.73%), Vitamin B1: 0.21mg (14.25%), Zinc: 1.98mg (13.18%), Calcium: 102.94mg (10.29%), Iron: 1.76mg (9.8%), Potassium: 323.03mg (9.23%), Vitamin B2: 0.15mg (8.91%), Selenium: 3.88µg (5.55%), Vitamin B5: 0.47mg (4.71%), Vitamin K: 4.7µg (4.47%), Vitamin E: 0.65mg (4.37%), Vitamin B3: 0.82mg (4.12%), Vitamin B12: 0.13µg (2.1%), Vitamin C: 0.88mg (1.06%)