

Rosemary Walnuts

Prep time: 30 min

Serves: 8

INGREDIENTS

cooking spray

2 cups of walnuts

2 tsp of crushed dry rosemary

½ tsp of kosher salt

¼ to ½ tsp of cayenne pepper

Place walnuts in a small bowl, and spritz them with cooking spray

Add seasonings and toss, before placing the mix to a baking sheet

Preheat the oven at 350 F, place the mixture on a baking tray, and bake for 10 mins

Serve hot or cooled



Nutrition Facts	
Serving size	per ¼ of a cup
Amount Per Serving	
Calories	170
	% Daily Value*
Total Fat 17g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	