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Other Walnut Crunch ♦

Other Walnut Crunch is a delicious and crunchy snack that can be enjoyed at any time of the day. It is made with walnuts, sugar, and spices, and is perfect for satisfying your sweet tooth. The recipe for Other Walnut Crunch has been passed down through generations, and it is a popular treat during the holiday season. It can be enjoyed on its own or used as a topping for desserts like ice cream or yogurt.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

300 g	walnuts
200 g	sugar
2 tsp	Cinnamon
1 tsp	Nutmeg

1 tsp Salt

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, combine the walnuts, sugar, cinnamon, nutmeg, and salt. Mix well to coat the walnuts evenly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Baking

Spread the coated walnuts in a single layer on a baking sheet lined with parchment paper.

Prep Time: 0 mins

Cook Time: 25 mins

Step 4

Baking

Bake in the preheated oven for 25 minutes, or until the walnuts are golden brown and crispy.

Prep Time: 0 mins

Cook Time: 25 mins

Step 5

Cooling

Remove from the oven and let the walnuts cool completely before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 18 g

Protein: 4 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	18 g	64.29%	72%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	150 mg	4.41%	5.77%
Zinc	4 mg	36.36%	50%
Selenium	6 mcg	10.91%	10.91%

Recipe Attributes

Events

Christmas Picnic

Cuisines

American

Course

Side Dishes Snacks Sauces & Dressings

Cost

\$10 to \$20

Demographics

Kids Friendly Teen Friendly Lactation Friendly Diabetic Friendly

Heart Healthy

Diet

Slow Carb Diet Vegetarian Diet Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet Anti-Inflammatory Diet The Acid Reflux Diet

Gluten-Free Diet The 80/10/10 Diet

Meal Type

Snack Supper

Difficulty Level

Medium

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