

# Thyme and Pepper Walnuts

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1 teaspoon olive oil  
 2 tablespoons walnuts, coarsely  
 chopped  
 1/4 teaspoon thyme  
 1/8 teaspoon pepper

In a medium skillet, heat the olive oil over medium heat.

Add the walnuts and toss to coat.

Cook and stir for 3 to 5 minutes or until toasted and fragrant.

Add the thyme and pepper. Toss to coat.

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Per Serving (excluding unknown items): 136 Calories; 13g Fat (83.0% calories from fat); 4g Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 2 1/2 Fat.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	136	Vitamin B6 (mg):	.1mg
% Calories from Fat:	83.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	6.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	10.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	13g	Folacin (mcg):	11mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	0 0%
Carbohydrate (g):	2g	<b>Food Exchanges</b>	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	4g	Lean Meat:	1/2
Sodium (mg):	trace	Vegetable:	0
Potassium (mg):	88mg	Fruit:	0
Calcium (mg):	17mg	Non-Fat Milk:	0

**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 60IU  
**Vitamin A (r.e.):** 6RE

**Fat:** 2 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 136                      **Calories from Fat:** 113

### % Daily Values\*

<b>Total Fat</b> 13g	21%
Saturated Fat 1g	6%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> trace	0%
<b>Total Carbohydrates</b> 2g	1%
Dietary Fiber 1g	4%
<b>Protein</b> 4g	
<b>Vitamin A</b>	1%
<b>Vitamin C</b>	1%
<b>Calcium</b>	2%
<b>Iron</b>	6%

\* Percent Daily Values are based on a 2000 calorie diet.