



Almond Candy



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



10

CALORIES



179 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon roasted almond oil
- ☐ 1 cup milk alternative plain (such as So Delicious Original Coconut Milk Beverage)
- ☐ 0.5 teaspoon saffron threads hot for 5 minutes (soaked in 2ml water)
- ☐ 1 cup sugar
- ☐ 1 cup almonds whole ()

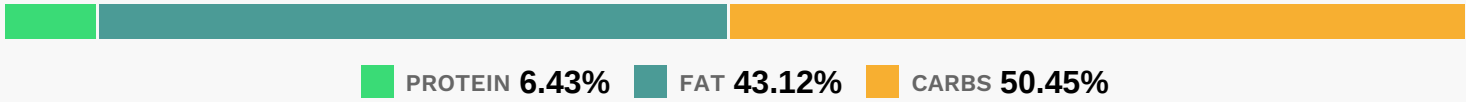
Equipment

- ☐ frying pan
- ☐ stove

Directions

- ☐ Soak the almonds for 2 hours and peel off the skin,Grind the almonds with coconut milk and sugar to a paste.To a non-stick pan add the ground paste, saffron extract and cook on stove on medium heat.Keep stirring, add the almond oil and continue stirring until it becomes thick in consistency and not sticky.
- ☐ Pour out on to a tray greased with oil.
- ☐ Garnish the candy with sliced almonds or whole.Cool down for 20 minutes and
- ☐ Cut into diamonds and serve.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:14.09, Inflammation Score:-2, Nutrition Score:8.439565193394%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 179.07kcal (8.95%), Fat: 9.04g (13.91%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 23.8g (7.93%), Net Carbohydrates: 21.91g (7.97%), Sugar: 21.27g (23.63%), Cholesterol: 0mg (0%), Sodium: 0.35mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Vitamin D: 11.8µg (78.67%), Vitamin E: 4.21mg (28.06%), Manganese: 0.33mg (16.45%), Magnesium: 42.55mg (10.64%), Vitamin B2: 0.17mg (9.81%), Fiber: 1.88g (7.54%), Copper: 0.15mg (7.44%), Phosphorus: 68.8mg (6.88%), Vitamin B12: 0.29µg (4.92%), Calcium: 48.49mg (4.85%), Zinc: 0.51mg (3.38%), Potassium: 105.34mg (3.01%), Iron: 0.54mg (3.01%), Vitamin B3: 0.52mg (2.59%), Folate: 8.66µg (2.16%), Vitamin B1: 0.03mg (1.95%), Selenium: 0.71µg (1.01%)