

Almond Crunch Topping

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



5 min.

SERVINGS



5

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup planters almonds sliced
- 0.3 cup firmly brown sugar packed
- 3 Tbsp butter
- 0.5 cup baker's angel flake coconut

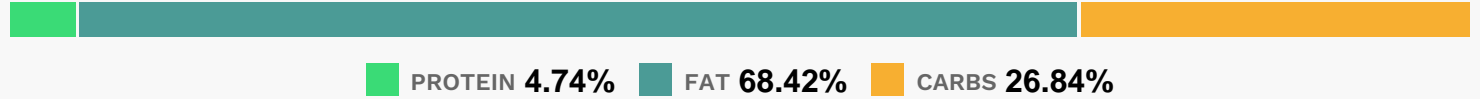
Equipment

- sauce pan

Directions

- Place sugar and butter in small saucepan; cook on medium heat until sugar is dissolved, stirring occasionally.
- Add coconut and almonds; mix well.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:4.9008696527909%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 211.56kcal (10.58%), Fat: 16.84g (25.9%), Saturated Fat: 6.62g (41.35%), Carbohydrates: 14.86g (4.95%), Net Carbohydrates: 12.33g (4.48%), Sugar: 11.69g (12.99%), Cholesterol: 0mg (0%), Sodium: 85.53mg (3.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.25%), Manganese: 0.45mg (22.53%), Vitamin E: 2.65mg (17.69%), Fiber: 2.54g (10.14%), Magnesium: 33.73mg (8.43%), Copper: 0.17mg (8.38%), Vitamin B2: 0.12mg (6.85%), Phosphorus: 64.13mg (6.41%), Vitamin A: 300.56IU (6.01%), Iron: 0.7mg (3.9%), Calcium: 38.61mg (3.86%), Potassium: 131.75mg (3.76%), Zinc: 0.46mg (3.07%), Selenium: 2.08µg (2.97%), Vitamin B6: 0.04mg (2.17%), Vitamin B3: 0.4mg (1.99%), Vitamin B1: 0.02mg (1.65%), Vitamin B5: 0.13mg (1.33%), Folate: 5.01µg (1.25%)