

Almond Crunch Topping



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



8

CALORIES



132 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

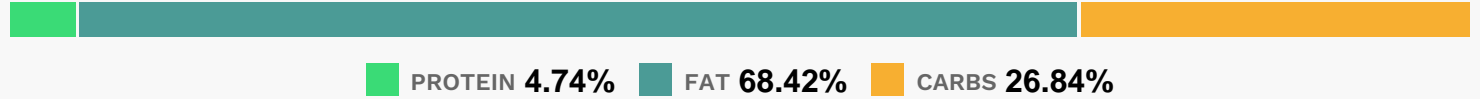
Equipment

- 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:1.25, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:3.0639130617289%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 132.23kcal (6.61%), Fat: 10.52g (16.19%), Saturated Fat: 4.14g (25.84%), Carbohydrates: 9.29g (3.1%), Net Carbohydrates: 7.71g (2.8%), Sugar: 7.31g (8.12%), Cholesterol: 0mg (0%), Sodium: 53.46mg (2.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Manganese: 0.28mg (14.08%), Vitamin E: 1.66mg (11.05%), Fiber: 1.58g (6.34%), Magnesium: 21.08mg (5.27%), Copper: 0.1mg (5.24%), Vitamin B2: 0.07mg (4.28%), Phosphorus: 40.08mg (4.01%), Vitamin A: 187.85IU (3.76%), Iron: 0.44mg (2.44%), Calcium: 24.13mg (2.41%), Potassium: 82.34mg (2.35%), Zinc: 0.29mg (1.92%), Selenium: 1.3µg (1.86%), Vitamin B6: 0.03mg (1.36%), Vitamin B3: 0.25mg (1.24%), Vitamin B1: 0.02mg (1.03%)