



Almond Nut Butter

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



119 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 cup almonds raw
- 1 tbsp maple syrup
- 1 tsp ground cinnamon
- 1.5 tsp vanilla extract pure
- 1 oz chocolate dark

Equipment

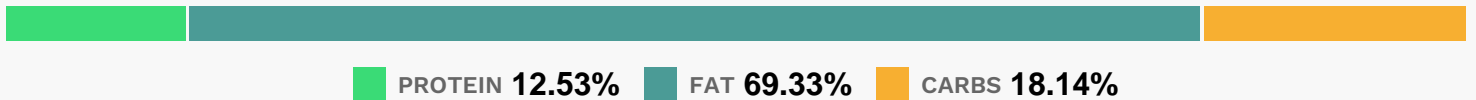
- food processor
- bowl

- baking sheet
- baking paper
- oven

Directions

- Preheat oven to 300 degrees and line a baking sheet with parchment paper.
- In a large bowl, mix together the almonds and maple syrup .
- Spread out almond mixture onto baking sheet and bake for 15 minutes, stir and place back in oven for another 15 minutes.
- Remove from oven and allow the almonds to cool.
- In food processor add almonds and process until you see it form into a ball. (NOTE: You will have to scrape down the sides a few times, like 10.)
- Add you cinnamon and vanilla extract and then process until drippy. The whole process takes about 10 15 minutes. When your right at the end I add the chocolate and process until all melted in, about 1 more minute.
- Makes about 16 Tablespoons or a smidge over 1 cup
- Calories per Tablespoon: 92, Fat: 7.4, Sodium: 30, Potassium: 3.3, Carbs: 4.7, Fiber: 1.7, Sugar: 1.8, Protein: 3.1

Nutrition Facts



Properties

Glycemic Index:4.66, Glycemic Load:0.62, Inflammation Score:-3, Nutrition Score:6.1765217391304%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 119kcal (5.95%), Fat: 9.68g (14.89%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 3.18g (1.16%), Sugar: 2.01g (2.23%), Cholesterol: 0.05mg (0.02%), Sodium: 0.7mg (0.03%), Protein: 3.93g (7.87%), Vitamin E: 4.59mg (30.6%), Manganese: 0.5mg (25.05%), Magnesium: 52.71mg (13.18%), Vitamin B2: 0.22mg (13.03%), Copper: 0.22mg (10.81%), Fiber: 2.51g (10.06%), Phosphorus: 91.56mg (9.16%), Calcium: 52.41mg (5.24%), Iron: 0.89mg (4.94%), Potassium: 147.79mg (4.22%), Zinc: 0.63mg (4.19%), Vitamin B3: 0.67mg (3.35%), Vitamin B1: 0.04mg (2.54%), Folate: 7.87µg (1.97%), Vitamin B6: 0.03mg (1.28%), Selenium: 0.86µg (1.23%)