



Basil-Pesto Almonds

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



225 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 2 cups natural almonds whole
- ☐ 0.3 cup basil leaves whole packed
- ☐ 2 egg whites
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 1 teaspoon salt

Equipment

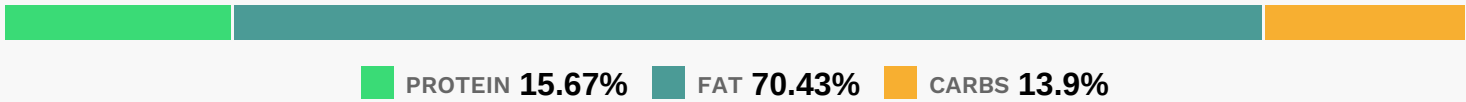
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ colander

Directions

- ☐ Preheat the oven to 225 degrees F. Line a large baking sheet with parchment paper and set aside.
- ☐ Combine the egg whites and basil in a blender; process on low speed until mixture is pureed. Toss egg white mixture with the almonds.
- ☐ Drain in a colander. Stir together cheese, salt and garlic powder in a medium bowl.
- ☐ Add drained almonds and toss to coat.
- ☐ Place almonds in a single layer on prepared baking sheet.
- ☐ Bake for 1 hour, stirring every 15 minutes. Cool completely and store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:10.63, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:12.130434801721%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 224.84kcal (11.24%), Fat: 18.73g (28.82%), Saturated Fat: 1.84g (11.52%), Carbohydrates: 8.32g (2.77%), Net Carbohydrates: 3.82g (1.39%), Sugar: 1.62g (1.8%), Cholesterol: 2.72mg (0.91%), Sodium: 358.32mg (15.58%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.38g (18.75%), Vitamin E: 9.18mg (61.17%), Manganese: 0.83mg (41.58%), Vitamin B2: 0.45mg (26.59%), Magnesium: 99.08mg (24.77%), Phosphorus: 194.09mg (19.41%), Copper: 0.38mg (18.77%), Fiber: 4.5g (17.99%), Calcium: 125.97mg (12.6%), Zinc: 1.27mg (8.44%), Potassium: 284.53mg (8.13%), Iron: 1.38mg (7.68%), Vitamin B3: 1.31mg (6.56%), Selenium: 4.11µg (5.87%), Vitamin B1: 0.08mg (5.03%), Folate: 16.82µg (4.2%), Vitamin K: 3.17µg (3.02%), Vitamin B6: 0.06mg (2.81%), Vitamin B5: 0.19mg (1.95%), Vitamin A: 66.95IU (1.34%)