

Candied Almonds

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



35 min.

SERVINGS



8

CALORIES



306 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon ground cinnamon
- 0.5 cup water
- 1 cup sugar white
- 2 cups almonds whole

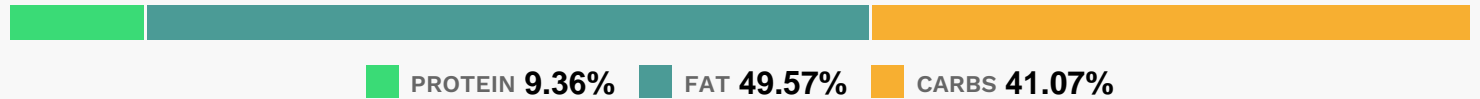
Equipment

- baking sheet
- sauce pan

Directions

- Combine the water, sugar, and cinnamon in a saucepan over medium heat; bring to a boil; add the almonds. Cook and stir the mixture until the liquid evaporates and leaves a syrup-like coating on the almonds.
- Pour the almonds onto a baking sheet lined with waxed paper. Separate almonds using forks. Allow to cool about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:10.64, Glycemic Load:17.79, Inflammation Score:-4, Nutrition Score:11.810434794782%

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: 305.71kcal (15.29%), Fat: 17.93g (27.59%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 33.43g (11.14%), Net Carbohydrates: 28.43g (10.34%), Sugar: 26.53g (29.47%), Cholesterol: 0mg (0%), Sodium: 1.45mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.24%), Vitamin E: 9.18mg (61.17%), Manganese: 0.99mg (49.63%), Magnesium: 97.27mg (24.32%), Vitamin B2: 0.41mg (24.28%), Fiber: 5g (20%), Copper: 0.38mg (18.79%), Phosphorus: 172.6mg (17.26%), Calcium: 106.88mg (10.69%), Iron: 1.42mg (7.9%), Potassium: 266.86mg (7.62%), Zinc: 1.14mg (7.58%), Vitamin B3: 1.31mg (6.54%), Vitamin B1: 0.07mg (4.9%), Folate: 15.79µg (3.95%), Vitamin B6: 0.05mg (2.53%), Selenium: 1.65µg (2.35%), Vitamin B5: 0.17mg (1.71%)