



Chili-Spiced Almonds



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



32

CALORIES



95 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound unblanched almonds raw
- ☐ 0.5 teaspoon chili powder
- ☐ 1 large egg white
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon paprika smoked spanish
- ☐ 1 tablespoon salt
- ☐ 0.5 cup sugar

☐ 1 tablespoon water

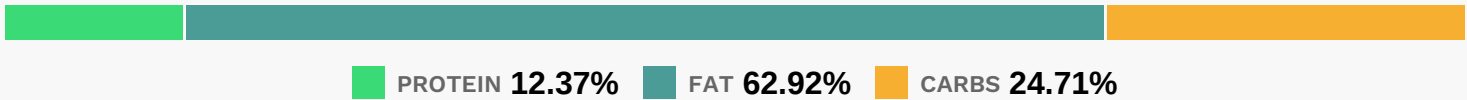
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ colander

Directions

- ☐ Preheat oven to 30
- ☐ Combine 1 tablespoon water and egg white in a large bowl; stir with a whisk until foamy.
- ☐ Add almonds; toss well to coat.
- ☐ Place almonds in a colander, and drain 5 minutes.
- ☐ Combine almonds, sugar, and next 5 ingredients (through chili powder) in a large bowl; toss to coat.
- ☐ Spread almond mixture in a single layer on a jelly-roll pan coated with cooking spray.
- ☐ Bake at 300 for 15 minutes. Stir almond mixture; reduce oven temperature to 27
- ☐ Bake an additional 40 minutes, stirring every 10 minutes.
- ☐ Remove from oven; cool 5 minutes. Break apart any clusters. Cool completely.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:2.31, Inflammation Score:-2, Nutrition Score:4.601304328636%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 95.32kcal (4.77%), Fat: 7.12g (10.96%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 6.29g (2.1%), Net Carbohydrates: 4.46g (1.62%), Sugar: 3.75g (4.17%), Cholesterol: 0mg (0%), Sodium: 220.6mg (9.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.3%), Vitamin E: 3.66mg (24.41%), Manganese: 0.33mg (16.47%), Vitamin B2: 0.17mg (9.89%), Magnesium: 38.99mg (9.75%), Copper: 0.15mg (7.43%), Fiber: 1.84g (7.35%), Phosphorus: 69.19mg (6.92%), Calcium: 39.65mg (3.97%), Iron: 0.6mg (3.34%), Potassium: 109.63mg (3.13%), Zinc: 0.45mg (3.02%), Vitamin B3: 0.53mg (2.64%), Vitamin B1: 0.03mg (2%), Folate: 6.32µg (1.58%), Selenium: 0.84µg (1.2%), Vitamin B6: 0.02mg (1.09%)