



Chocolate Candied Almonds

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



693 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups almonds raw with skins
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon plus
- ☐ 3 tablespoons dutch-processed cocoa powder unsweetened
- ☐ 0.5 cup granulated sugar
- ☐ 12 ounces chocolate chopped
- ☐ 3 tablespoons powdered sugar

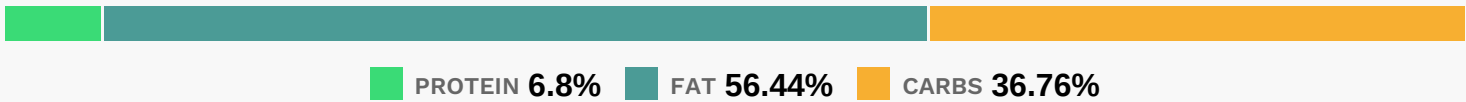
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ pot
- ☐ baking pan

Directions

- ☐ Spray a baking pan with cooking spray and set aside.
- ☐ Mix corn syrup, granulated sugar, and 2 tbsp. water in a 4-qt. pot. Bring to a boil; boil 2 minutes.
- ☐ Reduce heat to medium-high, add nuts, and cook, stirring continuously; syrup will crystallize into sugar around nuts and become very sandy. Keep cooking and stirring until sugar starts to melt again and caramelize, about 5 minutes. When nuts smell toasted and all sugar has caramelized and is medium brown, remove from heat. Stir in butter. Carefully pour hot nuts onto prepared baking pan (reserve pot).
- ☐ Spray tines of 2 forks with cooking spray. Using forks, stir and separate nuts until cool. Freeze nuts on pan 30 minutes.
- ☐ Meanwhile, add 3 in. water to reserved pot; bring to a boil.
- ☐ Remove from heat. Put chocolate in a medium metal bowl and set bowl over pot.
- ☐ Let sit, stirring occasionally, until chocolate is melted.
- ☐ Transfer nuts from freezer to a medium bowl.
- ☐ Pour half the melted chocolate over nuts; stir well to coat. Return nuts to baking sheet, spreading out and separating them. Return nuts to freezer until chocolate has set, about 20 minutes. Repeat with remaining melted chocolate.
- ☐ Divide nuts between 2 bowls. Sift cocoa over first bowl, tossing gently to coat nuts. Repeat with second bowl, using powdered sugar instead of cocoa. Store nuts separately in airtight containers up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:31.95, Glycemic Load:25.87, Inflammation Score:-7, Nutrition Score:20.81869586136%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 5.2mg, Epicatechin: 5.2mg, Epicatechin: 5.2mg, Epicatechin: 5.2mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 692.72kcal (34.64%), Fat: 47.36g (72.87%), Saturated Fat: 15.8g (98.73%), Carbohydrates: 69.4g (23.13%), Net Carbohydrates: 59.4g (21.6%), Sugar: 54.67g (60.74%), Cholesterol: 10.03mg (3.34%), Sodium: 42.6mg (1.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 43.17mg (14.39%), Protein: 12.85g (25.69%), Vitamin E: 12.46mg (83.07%), Manganese: 1.47mg (73.3%), Magnesium: 205.37mg (51.34%), Copper: 0.91mg (45.63%), Vitamin B2: 0.69mg (40.65%), Fiber: 10g (40.01%), Phosphorus: 332.09mg (33.21%), Iron: 3.69mg (20.51%), Zinc: 2.53mg (16.87%), Potassium: 553.39mg (15.81%), Calcium: 146.83mg (14.68%), Vitamin B3: 2.16mg (10.81%), Vitamin B1: 0.11mg (7.56%), Folate: 23.61µg (5.9%), Selenium: 4.1µg (5.85%), Vitamin B6: 0.09mg (4.64%), Vitamin K: 3.96µg (3.77%), Vitamin B5: 0.28mg (2.75%), Vitamin A: 117.1IU (2.34%)