



Cinnamon Roasted Almonds

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



80 min.

SERVINGS



5

CALORIES



1164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup brown sugar
- 2 egg whites
- 1 tablespoon ground cinnamon
- 0.5 teaspoon salt
- 2 teaspoons vanilla extract
- 1 cup sugar white
- 5 cups almonds whole

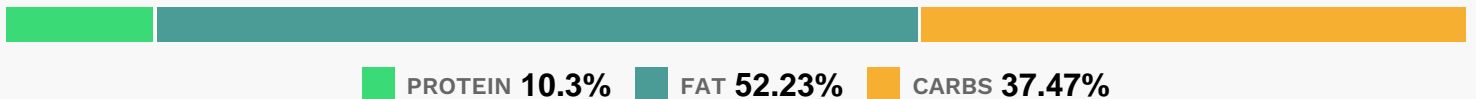
Equipment

- bowl
- baking sheet
- baking paper
- oven
- baking pan

Directions

- Preheat oven to 250 degrees F (120 degrees C). Line a baking sheet with parchment paper.
- Beat egg whites and vanilla extract in a large bowl; add almonds and toss to coat. Stir brown sugar, white sugar, cinnamon, and salt into almonds until blended.
- Spread almond mixture into prepared baking dish.
- Bake in preheated oven, stirring every 15 minutes, until coating is dry, about 75 minutes.

Nutrition Facts



Properties

Glycemic Index:17.02, Glycemic Load:29.25, Inflammation Score:-9, Nutrition Score:36.952608755101%

Flavonoids

Cyanidin: 3.52mg, Cyanidin: 3.52mg, Cyanidin: 3.52mg, Cyanidin: 3.52mg Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg Epigallocatechin: 3.7mg, Epigallocatechin: 3.7mg, Epigallocatechin: 3.7mg, Epigallocatechin: 3.7mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Isorhamnetin: 3.78mg, Isorhamnetin: 3.78mg, Isorhamnetin: 3.78mg, Isorhamnetin: 3.78mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 1163.97kcal (58.2%), Fat: 71.53g (110.04%), Saturated Fat: 5.44g (34%), Carbohydrates: 115.47g (38.49%), Net Carbohydrates: 96.75g (35.18%), Sugar: 89.14g (99.05%), Cholesterol: 0mg (0%), Sodium: 266.92mg (11.61%), Alcohol: 0.55g (100%), Alcohol %: 0.29% (100%), Protein: 31.74g (63.48%), Vitamin E: 36.65mg (244.3%), Manganese: 3.58mg (179.12%), Vitamin B2: 1.69mg (99.57%), Magnesium: 392.54mg (98.13%), Copper: 1.51mg (75.29%), Fiber: 18.72g (74.9%), Phosphorus: 692.51mg (69.25%), Calcium: 438.78mg (43.88%), Potassium: 1136.38mg (32.47%), Iron: 5.78mg (32.14%), Zinc: 4.51mg (30.09%), Vitamin B3: 5.27mg (26.33%), Vitamin B1:

0.29mg (19.61%), Folate: 63.94µg (15.98%), Selenium: 9.08µg (12.97%), Vitamin B6: 0.22mg (10.87%), Vitamin B5:
0.76mg (7.58%)