



Cinnamon-Roasted Almonds

 Vegetarian  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



75 min.

SERVINGS



4

CALORIES



929 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 egg white
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon salt
- 1 teaspoon water cold
- 0.5 cup sugar white
- 4 cups almonds whole

Equipment

- frying pan

oven

Directions

- Preheat oven to 250 degrees F (120 degrees C). Lightly grease a 10x15 inch jellyroll pan.
- Lightly beat the egg white; add water, and beat until frothy but not stiff.
- Add the nuts, and stir until well coated.
- Mix the sugar, salt, and cinnamon, and sprinkle over the nuts. Toss to coat, and spread evenly on the prepared pan.
- Bake for 1 hour in the preheated oven, stirring occasionally, until golden. Allow to cool, then store nuts in airtight containers.

Nutrition Facts

 **PROTEIN 12.56%**  **FAT 64.84%**  **CARBS 22.6%**

Properties

Glycemic Index:21.27, Glycemic Load:18.76, Inflammation Score:-9, Nutrition Score:35.971739187594%

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: 928.74kcal (46.44%), Fat: 71.45g (109.93%), Saturated Fat: 5.43g (33.97%), Carbohydrates: 56.04g (18.68%), Net Carbohydrates: 38.04g (13.83%), Sugar: 31.23g (34.7%), Cholesterol: 0mg (0%), Sodium: 159.56mg (6.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.14g (62.29%), Vitamin E: 36.61mg (244.09%), Manganese: 3.31mg (165.67%), Vitamin B2: 1.67mg (98.12%), Magnesium: 387.09mg (96.77%), Copper: 1.48mg (73.88%), Fiber: 18.01g (72.03%), Phosphorus: 689.11mg (68.91%), Calcium: 388.08mg (38.81%), Potassium: 1062.02mg (30.34%), Zinc: 4.47mg (29.81%), Iron: 5.35mg (29.7%), Vitamin B3: 5.19mg (25.94%), Vitamin B1: 0.29mg (19.57%), Folate: 63.24µg (15.81%), Selenium: 7.52µg (10.74%), Vitamin B6: 0.2mg (9.83%), Vitamin B5: 0.69mg (6.86%)