



Croquant

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



20

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups almonds toasted sliced
- 3 cups sugar
- 0.8 cup water

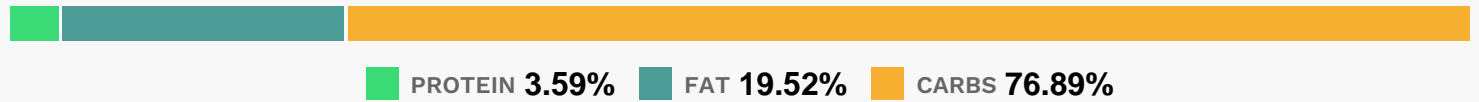
Equipment

- frying pan
- sauce pan
- pastry brush

Directions

- Combine the sugar and water in a medium, heavy saucepan, being careful not to splash sides of pan. Stir gently over high heat just until the sugar dissolves (do not stir beyond this point). Using a clean pastry brush dipped in water, brush inside walls of pan to loosen any sugar particles.
- Cook sugar mixture over high heat until light golden brown (about 10 to 15 minutes; do not leave unattended).
- Remove pan from heat; gently stir in almonds. Immediately pour almond mixture onto a jelly roll pan coated with cooking spray. Cool completely, and break into pieces.
- Note: Store in an airtight container up to 5 days.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:21.01, Inflammation Score:-1, Nutrition Score:2.1999999867833%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 155.45kcal (7.77%), Fat: 3.54g (5.44%), Saturated Fat: 0.26g (1.64%), Carbohydrates: 31.37g (10.46%), Net Carbohydrates: 30.51g (11.09%), Sugar: 30.24g (33.6%), Cholesterol: 0mg (0%), Sodium: 0.81mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.93%), Vitamin E: 1.77mg (11.78%), Manganese: 0.16mg (7.94%), Vitamin B2: 0.08mg (4.96%), Magnesium: 18.72mg (4.68%), Copper: 0.07mg (3.73%), Fiber: 0.86g (3.45%), Phosphorus: 33.19mg (3.32%), Calcium: 19.13mg (1.91%), Iron: 0.27mg (1.51%), Zinc: 0.22mg (1.46%), Potassium: 51.18mg (1.46%), Vitamin B3: 0.25mg (1.25%)