



Fried Almonds

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



892 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups almonds
- 3 servings sea salt (such as Maldon)
- 0.5 cup olive oil

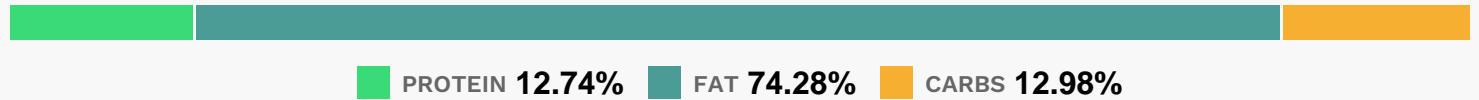
Equipment

- frying pan
- paper towels

Directions

- Heat oil in a large skillet until hot but not smoking.
- Add almonds and cook, stirring occasionally, until browned and toasted through, 7–8 minutes. Using a slotted spoon, transfer to paper towels. Season generously to taste with salt. DO AHEAD: Can be made 1 day ahead. Store cooled nuts airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:3.33, Glycemic Load:1.3, Inflammation Score:-9, Nutrition Score:35.845652177201%

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 Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg 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: 891.62kcal (44.58%), Fat: 78.56g (120.86%), Saturated Fat: 6.43g (40.17%), Carbohydrates: 30.89g (10.3%), Net Carbohydrates: 13.01g (4.73%), Sugar: 6.22g (6.91%), Cholesterol: 0mg (0%), Sodium: 195.36mg (8.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.32g (60.63%), Vitamin E: 37.64mg (250.97%), Manganese: 3.27mg (163.4%), Magnesium: 386.11mg (96.53%), Vitamin B2: 1.63mg (95.89%), Copper: 1.47mg (73.65%), Fiber: 17.88g (71.5%), Phosphorus: 687.83mg (68.78%), Calcium: 384.86mg (38.49%), Potassium: 1048.3mg (29.95%), Zinc: 4.46mg (29.75%), Iron: 5.35mg (29.71%), Vitamin B3: 5.18mg (25.88%), Vitamin B1: 0.29mg (19.54%), Folate: 62.92µg (15.73%), Vitamin B6: 0.2mg (9.8%), Selenium: 5.86µg (8.38%), Vitamin B5: 0.67mg (6.71%), Vitamin K: 4.33µg (4.13%)