



Fried Almonds



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



306 kcal

SIDE DISH

Ingredients



1 pound blanched almonds and



1 cup olive oil



10 servings sea salt

Equipment



paper towels

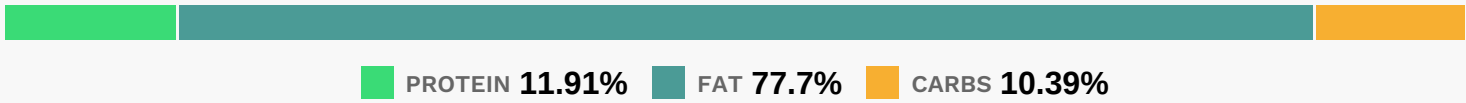


slotted spoon

Directions

- ☐ Heat oil to 35
- ☐ Add almonds and cook, stirring constantly, until golden.
- ☐ Remove almonds with a slotted spoon.
- ☐ Drain on paper towels.
- ☐ Sprinkle with sea salt.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:12.80956508527%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 305.81kcal (15.29%), Fat: 28.14g (43.3%), Saturated Fat: 2.39g (14.93%), Carbohydrates: 8.47g (2.82%), Net Carbohydrates: 3.98g (1.45%), Sugar: 2.1g (2.33%), Cholesterol: 0mg (0%), Sodium: 202.49mg (8.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.71g (19.41%), Vitamin E: 11.39mg (75.97%), Manganese: 0.83mg (41.64%), Magnesium: 121.57mg (30.39%), Copper: 0.47mg (23.3%), Phosphorus: 218.18mg (21.82%), Vitamin B2: 0.32mg (18.97%), Fiber: 4.49g (17.96%), Calcium: 107.21mg (10.72%), Zinc: 1.35mg (8.98%), Potassium: 299mg (8.54%), Iron: 1.51mg (8.41%), Vitamin B3: 1.59mg (7.94%), Vitamin B1: 0.09mg (5.78%), Folate: 22.23µg (5.56%), Vitamin B6: 0.05mg (2.61%), Vitamin K: 2.6µg (2.48%), Selenium: 1.45µg (2.07%), Vitamin B5: 0.14mg (1.42%)