



Ginger Almonds



Gluten Free



Dairy Free



Low Fod Map

READY IN



67 min.

SERVINGS



12

CALORIES



231 kcal

SIDE DISH

Ingredients

- ☐ 1 pound natural almonds whole
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 small arbol chile dried stemmed
- ☐ 1 tablespoon ground ginger
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon less-sodium soy sauce
- ☐ 2 teaspoons olive oil
- ☐ 1 tablespoon worcestershire sauce

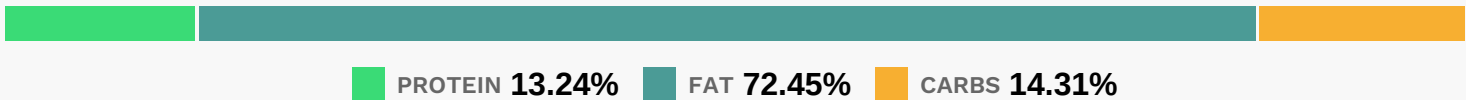
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oven to 250 degrees F.
- ☐ Combine the ginger and salt in a large mixing bowl and set aside.
- ☐ Heat the olive oil and sesame oil in a 12-inch saute pan over medium-low heat.
- ☐ Add the arbol chile and cook, stirring frequently, until the chile begins to give off an aroma, 30 to 45 seconds.
- ☐ Add the almonds and cook, stirring frequently until lightly toasted, approximately 5 minutes.
- ☐ Add the soy sauce and Worcestershire sauce and cook until reduced slightly and the pan looks dry, approximately 1 minute. Immediately remove the nuts to the large bowl and toss with the ginger mixture.
- ☐ Spread the coated nuts into a single layer on a half sheet pan lined with parchment paper and bake in the oven for 20 minutes.
- ☐ Remove the pan to a cooling rack for at least 30 minutes or until completely cool. Store in an airtight container for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:0.83, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:12.427391470126%

Flavonoids

Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 231.08kcal (11.55%), Fat: 19.89g (30.59%), Saturated Fat: 1.59g (9.92%), Carbohydrates: 8.84g (2.95%), Net Carbohydrates: 4.03g (1.47%), Sugar: 1.82g (2.03%), Cholesterol: 0mg (0%), Sodium: 260.75mg (11.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.18g (16.35%), Vitamin E: 9.79mg (65.23%), Manganese: 1.01mg (50.45%), Magnesium: 104.1mg (26.02%), Vitamin B2: 0.44mg (25.72%), Copper: 0.4mg (19.75%), Fiber: 4.8g (19.22%), Phosphorus: 185.64mg (18.56%), Calcium: 104.22mg (10.42%), Iron: 1.59mg (8.81%), Potassium: 299.42mg (8.55%), Zinc: 1.21mg (8.06%), Vitamin B3: 1.44mg (7.19%), Vitamin B1: 0.08mg (5.28%), Folate: 17.41µg (4.35%), Vitamin B6: 0.06mg (2.84%), Selenium: 1.8µg (2.57%), Vitamin B5: 0.18mg (1.84%)