



Honey Crystal Almonds

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups almonds whole
- 2 tablespoons butter
- 0.5 cup honey
- 1 cup sugar raw® (Sugar in the)

Equipment

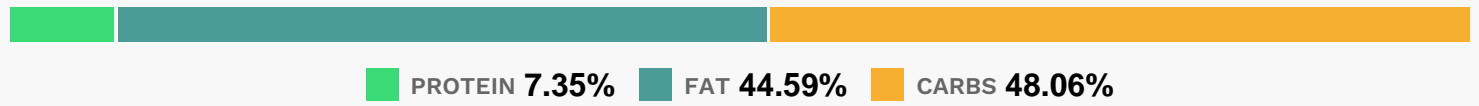
- baking sheet
- sauce pan
- baking paper

slotted spoon

Directions

- Over medium heat in medium saucepan, heat honey and butter to boiling. Reduce heat to medium-low, simmer 2 minutes, stirring occasionally.
- Add almonds; simmer and stir 2 minutes.
- Using slotted spoon, transfer almonds to baking sheet lined with parchment paper or sprayed with nonstick cooking spray; spread in single layer and cool slightly.
- Toss almonds with sugar to coat using a medium plastic food storage bag.

Nutrition Facts



Properties

Glycemic Index:3.51, Glycemic Load:2.36, Inflammation Score:-1, Nutrition Score:2.8930434953097%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 99.06kcal (4.95%), Fat: 5.17g (7.95%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 12.53g (4.18%), Net Carbohydrates: 11.41g (4.15%), Sugar: 10.94g (12.15%), Cholesterol: 1.88mg (0.63%), Sodium: 6.11mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.84%), Vitamin E: 2.31mg (15.39%), Manganese: 0.21mg (10.57%), Vitamin B2: 0.1mg (6.13%), Magnesium: 24.38mg (6.09%), Copper: 0.09mg (4.73%), Fiber: 1.13g (4.51%), Phosphorus: 43.47mg (4.35%), Calcium: 25.32mg (2.53%), Iron: 0.38mg (2.1%), Potassium: 70.29mg (2.01%), Zinc: 0.29mg (1.95%), Vitamin B3: 0.33mg (1.65%), Vitamin B1: 0.02mg (1.22%), Folate: 4.06µg (1.02%)