



Honey-Glazed Almonds



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups unblanched almonds raw
- ☐ 0.5 teaspoon ground chipotle chile powder
- ☐ 0.3 teaspoon ground cumin
- ☐ 1.5 tablespoons honey
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar

Equipment

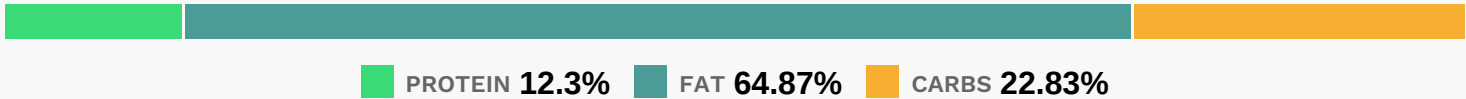
- ☐ frying pan

- ☐ baking sheet
- ☐ baking paper
- ☐ microwave

Directions

- ☐ Line a large baking sheet with parchment paper.
- ☐ Place the almonds in a medium nonstick skillet; cook over medium heat for 6 minutes or until lightly toasted, shaking pan frequently.
- ☐ Combine the remaining ingredients in a 2-cup glass measure. Microwave at HIGH for 30 seconds.
- ☐ Add honey mixture to pan, and cook 2 minutes, stirring constantly. Arrange almond mixture on prepared baking sheet in a single layer; let stand 10 minutes. Break apart any clusters.

Nutrition Facts



Properties

Glycemic Index:13.74, Glycemic Load:2.39, Inflammation Score:-3, Nutrition Score:6.8321738656124%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 138.86kcal (6.94%), Fat: 10.73g (16.51%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 5.77g (2.1%), Sugar: 4.73g (5.25%), Cholesterol: 0mg (0%), Sodium: 60.21mg (2.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.16%), Vitamin E: 5.53mg (36.87%), Manganese: 0.5mg (24.81%), Magnesium: 58.31mg (14.58%), Vitamin B2: 0.25mg (14.53%), Copper: 0.22mg (11.18%), Fiber: 2.73g (10.91%), Phosphorus: 103.85mg (10.39%), Calcium: 58.73mg (5.87%), Iron: 0.86mg (4.78%), Potassium: 161.75mg (4.62%), Zinc: 0.68mg (4.55%), Vitamin B3: 0.79mg (3.97%), Vitamin B1: 0.04mg (2.97%), Folate: 9.53µg (2.38%), Vitamin B6: 0.03mg (1.62%), Selenium: 0.94µg (1.34%), Vitamin B5: 0.1mg (1.04%)