



Honey-Glazed Marcona Almonds

 Vegetarian  Gluten Free

READY IN



7 min.

SERVINGS



16

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 pound blanched marcona almonds
- 1 teaspoon butter
- 0.3 teaspoon ground cardamom
- 0.5 teaspoon ground cinnamon
- 0.3 cup honey
- 0.5 teaspoon sea salt (such as Maldon)

Equipment

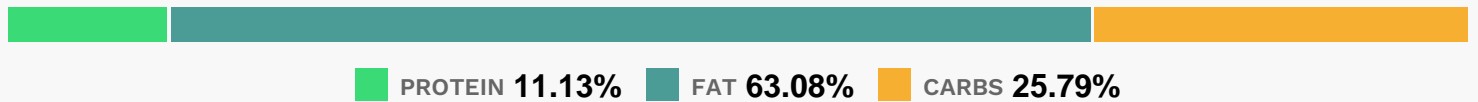
- frying pan

- baking sheet
- baking paper

Directions

- Line a baking sheet with parchment paper; coat with cooking spray.
- Warm the honey over low heat until it bubbles, about 30 seconds.
- Add cinnamon, cardamom, and curry, if using; stir. While the honey mixture is bubbling, add the butter. Stir until mixed, about 1 minute.
- Add almonds to the pan and stir quickly to coat with honey mixture.
- Let almonds cool completely on baking sheet. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:7.02, Glycemic Load:2.28, Inflammation Score:-2, Nutrition Score:4.0330434944481%

Nutrients (% of daily need)

Calories: 102.23kcal (5.11%), Fat: 7.7g (11.85%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 5.63g (2.05%), Sugar: 5.01g (5.56%), Cholesterol: 0.67mg (0.22%), Sodium: 77.6mg (3.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Vitamin E: 3.38mg (22.5%), Manganese: 0.28mg (14.21%), Magnesium: 38.21mg (9.55%), Copper: 0.15mg (7.39%), Phosphorus: 68.56mg (6.86%), Vitamin B2: 0.1mg (6.06%), Fiber: 1.46g (5.82%), Calcium: 34.64mg (3.46%), Zinc: 0.44mg (2.91%), Potassium: 96.88mg (2.77%), Iron: 0.5mg (2.76%), Vitamin B3: 0.5mg (2.52%), Vitamin B1: 0.03mg (1.81%), Folate: 7.06µg (1.77%)