



Honey Roasted Almonds



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



270 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon roasted almond oil
- 3 tablespoons honey
- 0.5 teaspoon kosher salt
- 3 tablespoons water
- 0.3 cup sugar white
- 2 cups almonds whole

Equipment

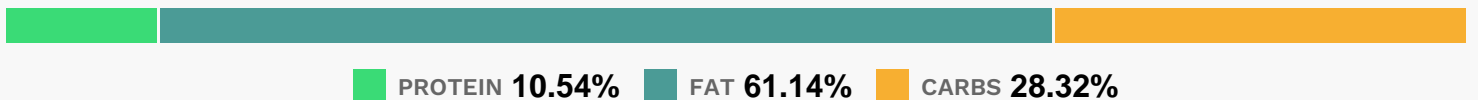
- bowl

- baking sheet
- sauce pan
- oven
- ziploc bags

Directions

- Spread almonds in a single layer on a baking sheet and place in a cold oven.
- Turn oven on to 350 degrees F (175 degrees C).
- Bake almonds, stirring occasionally, until light tan and fragrant, 12 to 15 minutes. The nuts will continue to cook after removing from oven.
- Meanwhile, mix sugar and salt together in a small bowl; sprinkle about 1 tablespoon sugar mixture into a large bowl.
- Stir honey, water, and almond oil together in a saucepan; bring to a boil.
- Add almonds; cook and stir until almonds have absorbed all the liquid, about 5 minutes.
- Transfer coated almonds to the large bowl sprinkled with sugar mixture.
- Sprinkle remaining sugar mixture over almonds; toss to coat evenly.
- Spread almonds onto waxed paper to cool completely. Store at room temperature in a tightly covered container or plastic bag.

Nutrition Facts



Properties

Glycemic Index:16.55, Glycemic Load:8.07, Inflammation Score:-4, Nutrition Score:11.456956248811%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg

Kaempferol: 0.14mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 270.46kcal (13.52%), Fat: 19.61g (30.17%), Saturated Fat: 1.5g (9.39%), Carbohydrates: 20.44g (6.81%), Net Carbohydrates: 15.95g (5.8%), Sugar: 14.26g (15.84%), Cholesterol: 0mg (0%), Sodium: 146.36mg (6.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.21%), Vitamin E: 9.84mg (65.59%), Manganese: 0.82mg (41.19%), Vitamin B2: 0.41mg (24.22%), Magnesium: 96.74mg (24.19%), Copper: 0.37mg (18.63%), Fiber: 4.48g (17.94%), Phosphorus: 172.27mg (17.23%), Calcium: 96.96mg (9.7%), Potassium: 266.3mg (7.61%), Iron: 1.36mg (7.58%), Zinc: 1.13mg (7.56%), Vitamin B3: 1.3mg (6.52%), Vitamin B1: 0.07mg (4.89%), Folate: 15.89µg (3.97%), Vitamin B6: 0.05mg (2.54%), Selenium: 1.57µg (2.24%), Vitamin B5: 0.17mg (1.73%)