



Honey-Spiced Almonds



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups blanched almonds and whole
- ☐ 2 teaspoons ground pepper
- ☐ 2 teaspoons cinnamon
- ☐ 2 teaspoons cumin
- ☐ 0.3 cup honey
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons salt
- ☐ 4 tablespoons sesame seed

☐ 2 teaspoons paprika smoked

Equipment

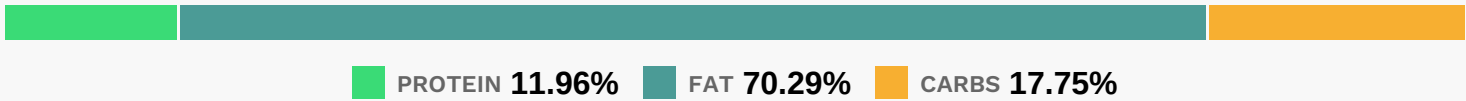
☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 300 degrees.
- ☐ Heat a large sauté pan on high, and add olive oil.
- ☐ Add almonds to pan, toast for 1 minute stirring often, and reduce heat to low. Continue to stir until the almonds are light golden brown, 6–7 minutes.
- ☐ Add honey and spices, salt and sesame seeds and stir to coat evenly.
- ☐ Spread nuts out evenly on to a large sheet tray and place in the oven until honey is dry, 10–15 minutes. Allow nuts to cool before serving.

Nutrition Facts



Properties

Glycemic Index:14.43, Glycemic Load:5.05, Inflammation Score:-8, Nutrition Score:22.479130423587%

Nutrients (% of daily need)

Calories: 524.83kcal (26.24%), Fat: 43.99g (67.68%), Saturated Fat: 3.6g (22.52%), Carbohydrates: 25.01g (8.34%), Net Carbohydrates: 16.68g (6.06%), Sugar: 12.86g (14.29%), Cholesterol: 0mg (0%), Sodium: 1411.5mg (61.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.84g (33.69%), Vitamin E: 18.48mg (123.21%), Manganese: 1.57mg (78.26%), Magnesium: 215.52mg (53.88%), Copper: 0.92mg (45.76%), Phosphorus: 386.01mg (38.6%), Fiber: 8.33g (33.31%), Vitamin B2: 0.56mg (32.68%), Calcium: 219.01mg (21.9%), Iron: 3.42mg (18.97%), Zinc: 2.56mg (17.05%), Potassium: 541.47mg (15.47%), Vitamin B3: 2.88mg (14.41%), Vitamin B1: 0.17mg (11.59%), Folate: 40.76µg (10.19%), Vitamin A: 375.25IU (7.51%), Vitamin B6: 0.14mg (6.75%), Selenium: 3.69µg (5.27%), Vitamin B5: 0.26mg (2.56%), Vitamin K: 2.47µg (2.36%)