



Marcona Almonds with Smoked Paprika



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



223 kcal

SIDE DISH

Ingredients



2 cups almonds



1 tablespoon olive oil



8 servings sea salt (such as Maldon)



1 teaspoon paprika smoked

Equipment



bowl



baking sheet

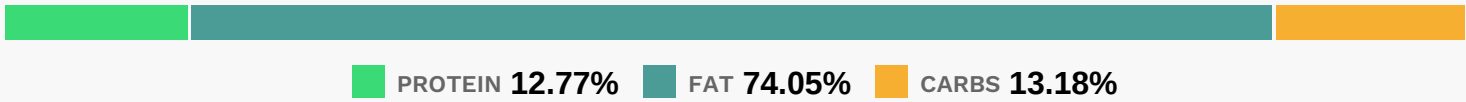


oven

Directions

- ☐ Preheat oven to 350°F. Toss almonds, oil, and paprika on a rimmed baking sheet to coat; spread out in a single layer and toast, tossing occasionally, until dark golden brown, 8–10 minutes.
- ☐ Transfer to a bowl, sprinkle with salt, and toss to coat.
- ☐ Let cool. DO AHEAD: Nuts can be toasted 1 week ahead. Store airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index: 3.13, Glycemic Load: 0.33, Inflammation Score: -5, Nutrition Score: 11.51999997056%

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 Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 223.17kcal (11.16%), Fat: 19.62g (30.19%), Saturated Fat: 1.61g (10.03%), Carbohydrates: 7.86g (2.62%), Net Carbohydrates: 3.3g (1.2%), Sugar: 1.58g (1.76%), Cholesterol: 0mg (0%), Sodium: 194.35mg (8.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.61g (15.23%), Vitamin E: 9.48mg (63.18%), Manganese: 0.82mg (41.07%), Magnesium: 96.97mg (24.24%), Vitamin B2: 0.41mg (24.15%), Copper: 0.37mg (18.51%), Fiber: 4.56g (18.22%), Phosphorus: 172.74mg (17.27%), Calcium: 96.88mg (9.69%), Iron: 1.39mg (7.73%), Potassium: 267.8mg (7.65%), Zinc: 1.13mg (7.51%), Vitamin B3: 1.32mg (6.6%), Vitamin B1: 0.07mg (4.94%), Folate: 15.85µg (3.96%), Vitamin B6: 0.05mg (2.72%), Vitamin A: 123.49IU (2.47%), Selenium: 1.48µg (2.12%), Vitamin B5: 0.17mg (1.74%), Vitamin K: 1.25µg (1.19%)