



Party Almonds



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



238 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 teaspoon chili powder
- ☐ 0.5 teaspoon curry powder
- ☐ 1 teaspoons kosher salt (coarse)
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon hot sauce red
- ☐ 2 cups almonds whole
- ☐ 1 tablespoon worcestershire sauce

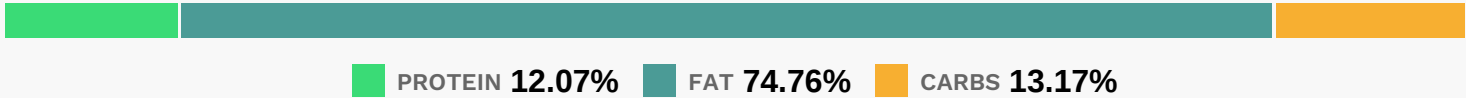
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 325F. In 2-quart saucepan, melt butter over low heat; stir in oil, chili powder, curry powder, Worcestershire sauce and pepper sauce. Simmer gently 2 to 3 minutes to blend flavors.
- ☐ Add almonds; toss to coat and spread in single layer in 15x10x1-inch pan.
- ☐ Bake 10 to 15 minutes, stirring once halfway through bake time.
- ☐ Pour hot nuts into large bowl, toss with salt to coat.
- ☐ Spread in single layer in same pan; cool to room temperature. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:11.750434642172%

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: 237.81kcal (11.89%), Fat: 21.05g (32.39%), Saturated Fat: 1.9g (11.88%), Carbohydrates: 8.34g (2.78%), Net Carbohydrates: 3.75g (1.36%), Sugar: 1.79g (1.99%), Cholesterol: 0mg (0%), Sodium: 342.67mg (14.9%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 7.64g (15.29%), Vitamin E: 9.58mg (63.89%), Manganese: 0.83mg (41.37%), Magnesium: 97.56mg (24.39%), Vitamin B2: 0.41mg (24.34%), Copper: 0.38mg (18.81%), Fiber: 4.6g (18.39%), Phosphorus: 174.84mg (17.48%), Calcium: 100.6mg (10.06%), Iron: 1.53mg (8.51%), Potassium: 286.84mg (8.2%), Zinc: 1.14mg (7.57%), Vitamin B3: 1.34mg (6.72%), Vitamin B1: 0.08mg (5.06%), Folate: 16.19µg (4.05%), Vitamin A: 140.19IU (2.8%), Vitamin B6: 0.06mg (2.8%), Selenium: 1.55µg (2.21%), Vitamin B5: 0.17mg (1.71%), Vitamin K: 1.47µg (1.4%)