



Praline Almonds

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups blanched almonds and sliced chopped
- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 2 tablespoons whipping cream

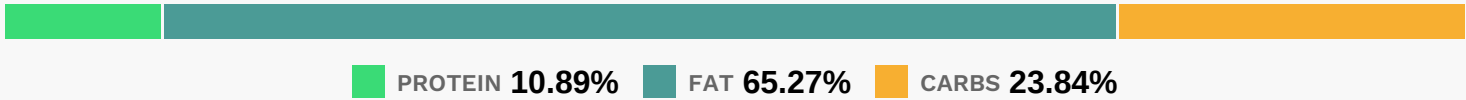
Equipment

- ☐ oven

Directions

- ☐
- Combine all ingredients; spread into a lightly buttered 9-inch round cakepan.
- ☐
- Bake at 350 for 20 minutes, stirring once, or until coating is slightly crystallized.
- ☐
- Remove from oven; stir and cool. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:8.9478261085308%

Nutrients (% of daily need)

Calories: 236.21kcal (11.81%), Fat: 18.22g (28.03%), Saturated Fat: 2.39g (14.91%), Carbohydrates: 14.97g (4.99%), Net Carbohydrates: 11.88g (4.32%), Sugar: 10.48g (11.65%), Cholesterol: 5.65mg (1.88%), Sodium: 9.85mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.68%), Vitamin E: 7.47mg (49.79%), Manganese: 0.58mg (28.97%), Magnesium: 84.93mg (21.23%), Copper: 0.33mg (16.29%), Phosphorus: 153.58mg (15.36%), Vitamin B2: 0.23mg (13.62%), Fiber: 3.09g (12.38%), Calcium: 84.66mg (8.47%), Potassium: 222.88mg (6.37%), Zinc: 0.94mg (6.29%), Iron: 1.1mg (6.08%), Vitamin B3: 1.11mg (5.54%), Vitamin B1: 0.06mg (4.05%), Folate: 15.6µg (3.9%), Vitamin B6: 0.04mg (2.07%), Selenium: 1.26µg (1.8%), Vitamin A: 75.69IU (1.51%), Vitamin B5: 0.12mg (1.23%)