



Roasted Almonds

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



225 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter melted
- 2 tablespoons rosemary fresh minced
- 1 tablespoon thyme leaves fresh chopped
- 0.5 teaspoon ground pepper red
- 0.8 teaspoon salt
- 3 cups almonds whole

Equipment

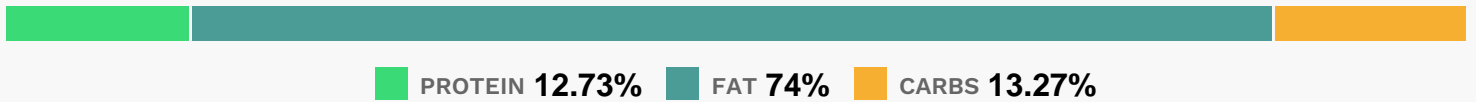
- bowl

- frying pan
- oven
- wire rack

Directions

- Preheat oven to 35
- Combine all ingredients in a large bowl; stir well.
- Spread nuts on a jelly-roll pan.
- Bake at 350 for 18 to 20 minutes or until toasted, stirring twice. Cool completely in pan on a wire rack. Store in an airtight container.
- Hunger Smashing Almonds: Almonds contain more disease-fighting vitamin E than any other nut, and more than 90% of the fat is unsaturated, which is the heart-healthy kind. In addition, a handful of nuts can really satisfy your hunger, and the high fat content keeps you fuller longer, resulting in less eating overall. Roasting almonds, as in this recipe, helps release flavor compounds that make for a richer, more nutty taste.

Nutrition Facts



Properties

Glycemic Index:11.42, Glycemic Load:0.36, Inflammation Score:-7, Nutrition Score:11.576086999606%

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: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg 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: 225.01kcal (11.25%), Fat: 19.78g (30.42%), Saturated Fat: 2.57g (16.08%), Carbohydrates: 7.98g (2.66%), Net Carbohydrates: 3.36g (1.22%), Sugar: 1.57g (1.74%), Cholesterol: 5.02mg (1.67%), Sodium: 160.87mg (6.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.65g (15.3%), Vitamin E: 9.23mg (61.54%), Manganese: 0.83mg (41.61%), Magnesium: 97.94mg (24.48%), Vitamin B2: 0.41mg (24.26%), Copper: 0.37mg (18.64%), Fiber: 4.62g (18.48%), Phosphorus: 173.6mg (17.36%), Calcium: 100.36mg (10.04%), Iron: 1.46mg (8.1%), Potassium: 270.1mg (7.72%), Zinc: 1.13mg (7.56%), Vitamin B3: 1.32mg (6.58%), Vitamin B1: 0.07mg (4.94%), Folate: 16.51µg (4.13%), Vitamin B6: 0.05mg (2.71%), Vitamin A: 130.8IU (2.62%), Selenium: 1.5µg (2.14%), Vitamin B5: 0.18mg (1.75%), Vitamin C: 1.07mg (1.3%)