



Roasted Almonds with Lemon and Salt



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



267 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups unblanched almonds
- ☐ 2 tablespoons kosher salt
- ☐ 1.3 cups juice of lemon fresh
- ☐ 1 tablespoon olive oil extra-virgin

Equipment

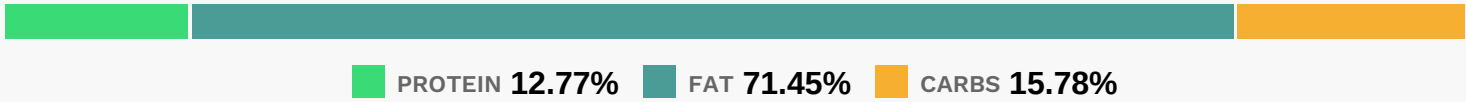
- ☐ bowl
- ☐ baking sheet
- ☐ oven

☐ slotted spoon

Directions

- ☐ Preheat oven to 35
- ☐ Soak nuts in juice for 30 minutes.
- ☐ Remove nuts with a slotted spoon.
- ☐ Spread in a single layer on a baking sheet.
- ☐ Bake at 350 for 15 minutes.
- ☐ Place the nuts in a large bowl; toss with salt and oil. Return nuts to baking sheet, and bake 10 minutes longer, or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0.39, Inflammation Score:-6, Nutrition Score:14.430000102552%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Eriodictyol: 1.6mg, Eriodictyol: 1.6mg, Eriodictyol: 1.6mg, Eriodictyol: 1.6mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 267.48kcal (13.37%), Fat: 22.88g (35.2%), Saturated Fat: 1.84g (11.47%), Carbohydrates: 11.37g (3.79%), Net Carbohydrates: 5.92g (2.15%), Sugar: 2.63g (2.93%), Cholesterol: 0mg (0%), Sodium: 1396.05mg (60.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.2g (18.4%), Vitamin E: 11.23mg (74.86%), Manganese: 0.99mg (49.38%), Magnesium: 117.7mg (29.42%), Vitamin B2: 0.49mg (29.04%), Copper: 0.45mg (22.39%), Fiber: 5.45g (21.82%), Phosphorus: 208.79mg (20.88%), Vitamin C: 11.8mg (14.31%), Calcium: 118.11mg (11.81%), Potassium: 346.17mg (9.89%), Iron: 1.64mg (9.09%), Zinc: 1.36mg (9.05%), Vitamin B3: 1.58mg (7.9%), Vitamin B1: 0.1mg (6.35%), Folate: 24.98µg (6.24%), Vitamin B6: 0.07mg (3.64%), Selenium: 1.79µg (2.56%), Vitamin B5: 0.24mg (2.41%)