



Rosemary Roasted Almonds



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 1 tablespoon rosemary leaves fresh finely chopped
- ☐ 1 Dash ground pepper red
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 10 ounce almonds whole (2 cups)

Equipment

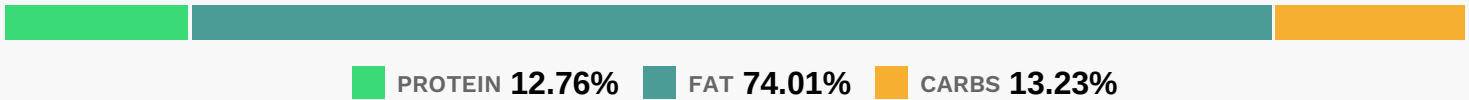
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 32
- ☐ Combine all ingredients in a medium bowl; toss to coat. Arrange nut mixture in a single layer on a baking sheet lined with foil.
- ☐ Bake at 325 for 20 minutes or until lightly toasted. Cool to room temperature.

Nutrition Facts



Properties

Glycemic Index:2.63, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:5.7199999939488%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 110.86kcal (5.54%), Fat: 9.74g (14.99%), Saturated Fat: 0.8g (5.01%), Carbohydrates: 3.92g (1.31%), Net Carbohydrates: 1.64g (0.6%), Sugar: 0.78g (0.87%), Cholesterol: 0mg (0%), Sodium: 111.29mg (4.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.56%), Vitamin E: 4.71mg (31.41%), Manganese: 0.41mg (20.43%), Magnesium: 48.15mg (12.04%), Vitamin B2: 0.2mg (11.97%), Copper: 0.18mg (9.21%), Fiber: 2.28g (9.11%), Phosphorus: 85.7mg (8.57%), Calcium: 48.56mg (4.86%), Iron: 0.69mg (3.85%), Potassium: 133.31mg (3.81%), Zinc: 0.56mg (3.73%), Vitamin B3: 0.66mg (3.29%), Vitamin B1: 0.04mg (2.45%), Folate: 7.97µg (1.99%), Vitamin B6: 0.03mg (1.37%), Selenium: 0.75µg (1.08%)