



Salted Roasted Almonds



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



266 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.8 lb blanched almonds and



1 tablespoon olive oil extra-virgin



0.3 teaspoon regular salt

Equipment



frying pan

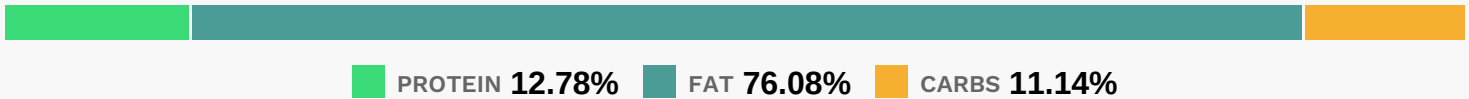


oven

Directions

- ☐ In a 9- by 13-inch pan, mix almonds with oil.
- ☐ Bake in a 350 regular or convection oven until nuts are golden, 12 to 14 minutes, stirring once about halfway through.
- ☐ Add salt to taste.
- ☐ Let cool completely.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:11.851304476514%

Nutrients (% of daily need)

Calories: 266.36kcal (13.32%), Fat: 24.08g (37.05%), Saturated Fat: 1.92g (12.02%), Carbohydrates: 7.94g (2.65%), Net Carbohydrates: 3.73g (1.36%), Sugar: 1.97g (2.19%), Cholesterol: 0mg (0%), Sodium: 80.79mg (3.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.2%), Vitamin E: 10.35mg (69.01%), Manganese: 0.78mg (39.03%), Magnesium: 113.97mg (28.49%), Copper: 0.44mg (21.84%), Phosphorus: 204.54mg (20.45%), Vitamin B2: 0.3mg (17.79%), Fiber: 4.21g (16.84%), Calcium: 100.42mg (10.04%), Zinc: 1.26mg (8.42%), Potassium: 280.27mg (8.01%), Iron: 1.41mg (7.81%), Vitamin B3: 1.49mg (7.44%), Vitamin B1: 0.08mg (5.41%), Folate: 20.84µg (5.21%), Vitamin B6: 0.05mg (2.45%), Selenium: 1.36µg (1.94%), Vitamin B5: 0.13mg (1.34%)