



Soy & Maple Roasted Almonds



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



318 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.3 cup soya sauce low sodium



0.3 cup maple syrup pure



2 cup almonds whole shelled

Equipment



bowl



baking sheet

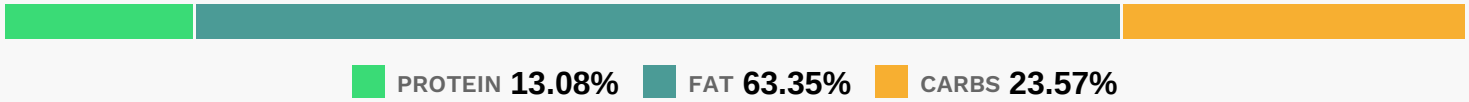


oven

Directions

- ☐ Preheat oven to 350 degrees.
- ☐ Spread almonds in a single layer on a rimmed baking sheet, and bake until lightly toasted and fragrant, 7 to 8 minutes.In a medium bowl, combine soy sauce and maple syrup.
- ☐ Add almonds, and toss until thoroughly coated. Lightly coat a parchment lined baking sheet with cooking spray, and spread almonds in as close to a single layer as possible on sheet.Roast in oven until deep brown, stirring once, 15 to 17 minutes. Immediately transfer to a clean parchment lined baking sheet, and spread out almonds, separating so nuts don't touch.
- ☐ Let cool before serving.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:3.73, Inflammation Score:-6, Nutrition Score:16.808260804042%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 318.27kcal (15.91%), Fat: 23.82g (36.64%), Saturated Fat: 1.82g (11.34%), Carbohydrates: 19.93g (6.64%), Net Carbohydrates: 13.9g (5.05%), Sugar: 10.17g (11.3%), Cholesterol: 0mg (0%), Sodium: 384.18mg (16.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.07g (22.13%), Vitamin E: 12.25mg (81.64%), Manganese: 1.44mg (72.14%), Vitamin B2: 0.74mg (43.49%), Magnesium: 138.85mg (34.71%), Copper: 0.5mg (24.81%), Phosphorus: 246.91mg (24.69%), Fiber: 6.03g (24.13%), Calcium: 146.04mg (14.6%), Potassium: 416.98mg (11.91%), Zinc: 1.67mg (11.1%), Iron: 1.93mg (10.7%), Vitamin B3: 1.86mg (9.29%), Vitamin B1: 0.11mg (7.39%), Folate: 25.65µg (6.41%), Vitamin B6: 0.08mg (4.12%), Selenium: 2.01µg (2.87%), Vitamin B5: 0.26mg (2.58%)