



Spiced Almonds



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



217 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 teaspoon ground cumin
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon pepper sauce hot
- ☐ 0.5 teaspoon salt
- ☐ 2 cups almonds unsalted whole

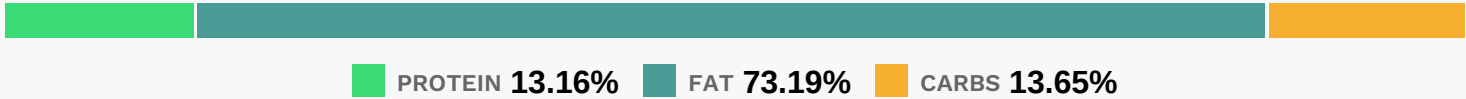
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Toast the almonds in a dry skillet over a medium heat, stirring frequently, until fragrant, about 3 minutes.
- ☐ Transfer the almonds to a bowl.
- ☐ In a small bowl, stir together the cumin, garlic, cayenne pepper and salt.
- ☐ Heat the oil in the skillet over medium heat. Stir the spices into the oil and cook, stirring until warm, about 30 seconds.
- ☐ Add the almonds and cook, stirring frequently, until the nuts are warm and the spices are evenly distributed.
- ☐ Add the hot pepper sauce and stir to distribute.
- ☐ Remove the almonds from the pan and allow them to cool before serving.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:11.436956442569%

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: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg 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: 217.29kcal (10.86%), Fat: 18.91g (29.09%), Saturated Fat: 1.5g (9.39%), Carbohydrates: 7.94g (2.65%), Net Carbohydrates: 3.42g (1.24%), Sugar: 1.57g (1.75%), Cholesterol: 0mg (0%), Sodium: 149.52mg (6.5%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 7.65g (15.29%), Vitamin E: 9.32mg (62.16%), Manganese: 0.83mg (41.39%), Magnesium: 97.62mg (24.4%), Vitamin B2: 0.41mg (24.07%), Copper: 0.37mg (18.56%), Fiber: 4.52g (18.08%), Phosphorus: 173.79mg (17.38%), Calcium: 98.77mg (9.88%), Iron: 1.51mg (8.39%), Potassium: 269.11mg (7.69%), Zinc: 1.13mg (7.55%), Vitamin B3: 1.31mg (6.56%), Vitamin B1: 0.08mg (5.03%), Folate: 15.87µg (3.97%), Vitamin B6: 0.05mg (2.67%), Selenium: 1.51µg (2.15%), Vitamin B5: 0.17mg (1.69%)