

food
network



HEALTH SCORE

51%

Spiced Candied Almonds



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



1073 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 cups almonds
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 servings canola oil
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1 tablespoon cocoa powder
- ☐ 1 cup confectioners' sugar divided sifted
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 pinch salt to taste

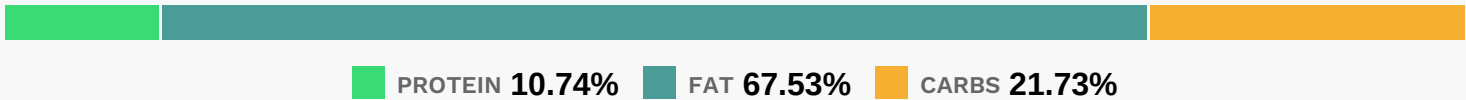
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ In a large, heavy-bottomed skillet, heat about 1-inch of oil to 350 degrees F.
- ☐ Bring a large pot of water to a boil.
- ☐ Add almonds and blanch for 30 seconds.
- ☐ Drain and transfer nuts to a medium bowl. While nuts are still hot and slightly wet, add 1 cup sugar and toss to coat nuts. Stir and toss until all the sugar has melted into the nuts; if bits of un-melted sugar remain on the nuts, they will not fry properly.
- ☐ Stir the nuts again before frying. Using a large slotted spoon, transfer a few nuts to the hot oil, allowing the foam to subside before adding another spoonful. (Otherwise, the oil could foam over and burn you.) Fry in small batches until the nuts are medium brown, about 45 seconds; be careful not to overcook. Scatter on an unlined baking sheet to cool slightly.
- ☐ In a small bowl, stir together cayenne, cinnamon, cocoa, remaining 1 tablespoon sugar, a pinch of salt, and pepper.
- ☐ While the nuts are still warm, transfer them to a bowl and sprinkle evenly with about half of the spice mix. Toss well to distribute the spices and then taste a nut.
- ☐ Add more spice mix, to taste, and toss well after each addition. When cool, pack in an airtight jar. They will keep at room temperature for at least 2 weeks.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:1.34, Inflammation Score:-9, Nutrition Score:36.791738716804%

Flavonoids

Cyanidin: 3.52mg, Cyanidin: 3.52mg, Cyanidin: 3.52mg, Cyanidin: 3.52mg Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg Epigallocatechin: 3.7mg, Epigallocatechin: 3.7mg, Epigallocatechin: 3.7mg, Epigallocatechin: 3.7mg Epicatechin: 3.31mg, Epicatechin: 3.31mg, Epicatechin: 3.31mg, Epicatechin: 3.31mg Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Isorhamnetin: 3.78mg, Isorhamnetin: 3.78mg, Isorhamnetin: 3.78mg, Isorhamnetin: 3.78mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 1073.01kcal (53.65%), Fat: 85.58g (131.66%), Saturated Fat: 6.58g (41.1%), Carbohydrates: 61.97g (20.66%), Net Carbohydrates: 43.4g (15.78%), Sugar: 35.61g (39.57%), Cholesterol: 0mg (0%), Sodium: 12.11mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.61g (61.23%), Vitamin E: 39.14mg (260.94%), Manganese: 3.38mg (169.07%), Magnesium: 393.08mg (98.27%), Vitamin B2: 1.64mg (96.56%), Copper: 1.53mg (76.29%), Fiber: 18.57g (74.28%), Phosphorus: 698.09mg (69.81%), Calcium: 390mg (39%), Iron: 5.55mg (30.83%), Potassium: 1075.57mg (30.73%), Zinc: 4.56mg (30.41%), Vitamin B3: 5.23mg (26.15%), Vitamin B1: 0.3mg (19.68%), Folate: 63.62µg (15.91%), Vitamin B6: 0.2mg (10.21%), Vitamin K: 10.5µg (10%), Selenium: 6.26µg (8.94%), Vitamin B5: 0.68mg (6.76%), Vitamin A: 106.88IU (2.14%)