



Spiced Marcona Almonds



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



212 kcal

SIDE DISH

Ingredients

- ☐ 10 ounces blanched almonds and
- ☐ 1 large egg whites
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon paprika smoked spanish
- ☐ 1 teaspoon salt

Equipment

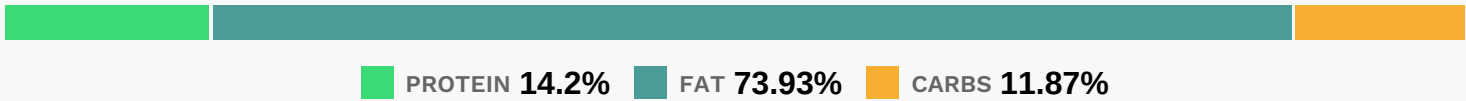
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ whisk
- ☐ spatula

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F. Line a large baking sheet with parchment.
- ☐ Whisk together egg white, salt, cumin, and paprika in a bowl, then add almonds and toss to coat.
- ☐ Spread almonds evenly on baking sheet and roast until golden, about 20 minutes.
- ☐ Transfer nuts on parchment to a rack and cool completely (almonds will crisp as they cool). Loosen nuts from parchment with a spatula and transfer to a bowl.
- ☐ Almonds can be made 5 days ahead and kept in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:10.026086996188%

Nutrients (% of daily need)

Calories: 211.87kcal (10.59%), Fat: 18.65g (28.7%), Saturated Fat: 1.4g (8.78%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 3.19g (1.16%), Sugar: 1.68g (1.87%), Cholesterol: 0mg (0%), Sodium: 304.52mg (13.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.06g (16.13%), Vitamin E: 8.44mg (56.26%), Manganese: 0.66mg (32.83%), Magnesium: 96mg (24%), Copper: 0.37mg (18.33%), Phosphorus: 171.89mg (17.19%), Vitamin B2: 0.27mg (15.96%), Fiber: 3.54g (14.17%), Calcium: 85.41mg (8.54%), Zinc: 1.06mg (7.09%), Iron: 1.26mg (7.02%), Potassium: 243.97mg (6.97%), Vitamin B3: 1.26mg (6.28%), Vitamin B1: 0.07mg (4.59%), Folate: 17.57µg (4.39%), Selenium: 1.97µg (2.81%), Vitamin B6: 0.04mg (2.14%), Vitamin B5: 0.12mg (1.21%)