



Sugar Spiced Almonds



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



55 min.

SERVINGS



16

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound blanched almonds and
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 tablespoon ground cinnamon
- ☐ 1 tablespoon olive oil
- ☐ 0.4 teaspoon paprika sweet
- ☐ 0.5 cup sugar white

Equipment

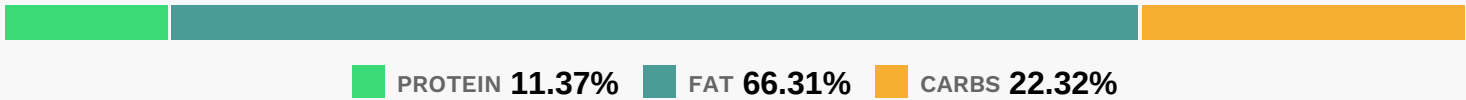
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Combine almonds and olive oil in a bowl; toss to coat.
- ☐ Spread almonds in a single layer on a baking sheet.
- ☐ Bake in preheated oven until toasted, about 15 minutes. Allow almonds to cool slightly.
- ☐ While almonds are baking, mix sugar, cinnamon, paprika, and cayenne pepper in a small bowl.
- ☐ Sprinkle spice mixture over almonds and toss again.
- ☐ Spread almonds in a single layer and continue to bake until spices are fragrant, 5 to 10 minutes. Cool before serving.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:4.37, Inflammation Score:-4, Nutrition Score:8.2569564368738%

Nutrients (% of daily need)

Calories: 200.53kcal (10.03%), Fat: 15.8g (24.31%), Saturated Fat: 1.25g (7.78%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 8.87g (3.22%), Sugar: 7.57g (8.41%), Cholesterol: 0mg (0%), Sodium: 5.56mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.19%), Vitamin E: 6.89mg (45.96%), Manganese: 0.61mg (30.46%), Magnesium: 76.41mg (19.1%), Copper: 0.29mg (14.69%), Phosphorus: 136.92mg (13.69%), Fiber: 3.1g (12.39%), Vitamin B2: 0.2mg (11.99%), Calcium: 72.14mg (7.21%), Zinc: 0.85mg (5.7%), Iron: 0.99mg (5.51%), Potassium: 190.81mg (5.45%), Vitamin B3: 1.01mg (5.03%), Vitamin B1: 0.05mg (3.63%), Folate: 13.98µg (3.49%), Vitamin B6: 0.04mg (1.76%), Selenium: 0.97µg (1.38%)