



 **23%**
HEALTH SCORE

Sugar Spiced Almonds

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups almonds whole
- 2 tablespoons canola oil
- 1 teaspoon ground pepper
- 0.5 teaspoon chili powder
- 0.5 teaspoon garlic salt
- 0.3 teaspoon pepper red crushed
- 0.3 cup sugar

Equipment

- bowl
- oven
- baking pan

Directions

- In a small bowl, combine the first six ingredients.
- Add almonds; toss to coat.
- Spread into a greased 15-in. x 10-in. x 1-in. baking pan.
- Bake at 250° for 30 minutes or until lightly browned, stirring occasionally. Cool. Store in an airtight container.

Nutrition Facts

PROTEIN 10.9% **FAT 68.85%** **CARBS 20.25%**

Properties

Glycemic Index:28.02, Glycemic Load:9.42, Inflammation Score:-8, Nutrition Score:22.226521780957%

Flavonoids

Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 526.64kcal (26.33%), Fat: 42.86g (65.94%), Saturated Fat: 3.26g (20.36%), Carbohydrates: 28.36g (9.45%), Net Carbohydrates: 19.16g (6.97%), Sugar: 15.66g (17.4%), Cholesterol: 0mg (0%), Sodium: 297.83mg (12.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.27g (30.54%), Vitamin E: 19.82mg (132.14%), Manganese: 1.65mg (82.57%), Magnesium: 194.38mg (48.59%), Vitamin B2: 0.83mg (48.56%), Copper: 0.74mg (37.16%), Fiber: 9.2g (36.82%), Phosphorus: 346.51mg (34.65%), Calcium: 194.62mg (19.46%), Potassium: 541.79mg (15.48%), Iron: 2.77mg (15.36%), Zinc: 2.26mg (15.08%), Vitamin B3: 2.68mg (13.38%), Vitamin B1: 0.15mg (9.94%), Folate: 32.1µg (8.02%), Vitamin A: 319.95IU (6.4%), Vitamin B6: 0.12mg (5.9%), Vitamin K: 5.79µg (5.51%), Selenium: 3.13µg (4.47%), Vitamin B5: 0.34mg (3.39%)