



Sweet and Spicy Roasted Almonds



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



90 min.

SERVINGS



3

CALORIES



1108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 1 teaspoon chili powder
- ☐ 1 egg white
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white
- ☐ 3 cups almonds whole

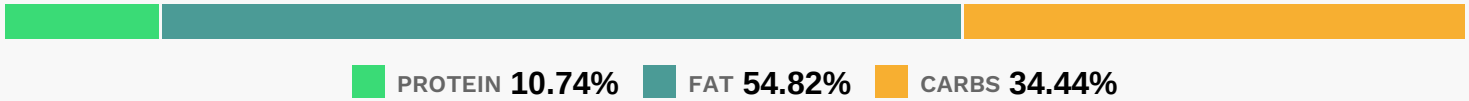
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve

Directions

- ☐ Preheat oven to 250 degrees F (120 degrees C). Lightly grease a 10x15-inch jelly roll pan.
- ☐ Combine egg white and vanilla in large bowl; beat until frothy.
- ☐ Add almonds and toss to coat.
- ☐ Pour almonds into a mesh strainer to drain excess liquid, 5 to 10 minutes. Return strained almonds to the bowl.
- ☐ Stir white sugar, brown sugar, cinnamon, chili powder, and salt together in a bowl.
- ☐ Sprinkle sugar mixture over almonds and toss to coat evenly.
- ☐ Spread coated nuts evenly onto prepared jelly roll pan.
- ☐ Bake, stirring every 20 minutes, until the seasoning clings to the almonds, about 1 hour. Allow to cool completely before storing in an air-tight container.

Nutrition Facts



Properties

Glycemic Index:28.36, Glycemic Load:24.58, Inflammation Score:-9, Nutrition Score:37.013478053977%

Flavonoids

Cyanidin: 3.52mg, Cyanidin: 3.52mg, Cyanidin: 3.52mg, Cyanidin: 3.52mg Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg Epigallocatechin: 3.7mg, Epigallocatechin: 3.7mg, Epigallocatechin: 3.7mg, Epigallocatechin: 3.7mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg 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

0.56mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 1108.2kcal (55.41%), Fat: 71.58g (110.13%), Saturated Fat: 5.45g (34.08%), Carbohydrates: 101.17g (33.72%), Net Carbohydrates: 82.71g (30.08%), Sugar: 75.36g (83.73%), Cholesterol: 0mg (0%), Sodium: 233.54mg (10.15%), Alcohol: 0.46g (100%), Alcohol %: 0.26% (100%), Protein: 31.57g (63.13%), Vitamin E: 36.88mg (245.85%), Manganese: 3.42mg (171.24%), Vitamin B2: 1.69mg (99.31%), Magnesium: 392.06mg (98.01%), Copper: 1.5mg (75.24%), Fiber: 18.46g (73.84%), Phosphorus: 693.3mg (69.33%), Calcium: 425.28mg (42.53%), Potassium: 1131.81mg (32.34%), Iron: 5.76mg (32.02%), Zinc: 4.52mg (30.15%), Vitamin B3: 5.32mg (26.6%), Vitamin B1: 0.3mg (19.7%), Folate: 63.91µg (15.98%), Selenium: 8.66µg (12.37%), Vitamin B6: 0.23mg (11.34%), Vitamin B5: 0.75mg (7.47%), Vitamin A: 201.06IU (4.02%)