



# Toasted Almonds with Rosemary, Thyme and Lemon

 Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



8 min.

SERVINGS



8

CALORIES



187 kcal

## Ingredients

- 2 cups blanched almonds and
- 1 tablespoon pasture-raised lard ([learn how to render lard here](#))
- 0.5 tsp lemon zest fresh
- 1 branch rosemary
- 0.5 teaspoon unrefined sea salt
- 2 sprigs thyme leaves

## Equipment

- bowl

- frying pan
- slotted spoon

## Directions

Melt the lard in a cast iron skillet over medium-high heat. Drop in rosemary and thyme, and allow them to sizzle in the hot fat until they crisp. Then remove and discard the herbs. Toss the blanched almonds into the seasoned fat, stirring frequently, until they begin to brown and they release a deep nutty aroma. Using a slotted spoon, remove the almonds from the pan and spoon them into a bowl. Toss them gently, while still hot, with salt and lemon zest. Allow them to cool, and then serve.

## Nutrition Facts



## Properties

Glycemic Index:14.38, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:8.8395652626844%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

## Nutrients (% of daily need)

Calories: 186.93kcal (9.35%), Fat: 16.53g (25.43%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 2.78g (1.01%), Sugar: 1.45g (1.61%), Cholesterol: 1.02mg (0.34%), Sodium: 153.13mg (6.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.99g (13.97%), Vitamin E: 7.44mg (49.58%), Manganese: 0.58mg (28.93%), Magnesium: 84.55mg (21.14%), Copper: 0.32mg (16.16%), Phosphorus: 154.37mg (15.44%), Vitamin B2: 0.23mg (13.24%), Fiber: 3.15g (12.59%), Calcium: 75.33mg (7.53%), Zinc: 0.94mg (6.28%), Potassium: 213.39mg (6.1%), Iron: 1.08mg (5.99%), Vitamin B3: 1.14mg (5.69%), Vitamin B1: 0.06mg (4.02%), Folate: 15.66µg (3.92%), Vitamin B6: 0.04mg (2%), Selenium: 1.15µg (1.65%), Vitamin B5: 0.11mg (1.12%)