

VitaMin



Vital health information in a minute

Photo: John Autry

HONEY-GLAZED ALMONDS

Yield: Serves 10 (serving size: about 16 almonds)

Ingredients

- › 1-1/2 cups raw, unblanched almonds
- › 1 tablespoon sugar
- › 1-1/2 tablespoons honey
- › 1/2 teaspoon ground chipotle chili powder
- › 1/4 teaspoon ground cumin
- › 1/4 teaspoon salt

Preparation

1. Line a large baking sheet with parchment paper.
2. Place the almonds in a medium nonstick skillet; cook over medium heat for 6 minutes or until lightly toasted, shaking pan frequently. Combine the remaining ingredients in a 2-cup glass measure. Microwave on HIGH for 30 seconds. Add honey mixture to pan, and cook 2 minutes, stirring constantly. Arrange almond mixture on prepared baking sheet in a single layer; let stand 10 minutes. Break apart any clusters.

Nutritional information

Amount per serving

- › Calories: 138
- › Fat: 10.6 g
- › Saturated fat: 0.8 g
- › Monounsaturated fat: 6.6 g
- › Polyunsaturated fat: 2.6 g
- › Protein: 4.6 g
- › Carbohydrates: 8.5 g
- › Dietary fiber: 2.6 g
- › Cholesterol: 0.0 mg
- › Iron: 0.8 mg
- › Sodium: 63 mg
- › Calcium: 57 mg

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