

Cinnamon Roasted Almonds

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-roasted-brazilian-nuts>

Ingredients:

- 1 egg white
- 1 teaspoon cold water
- 2 cups whole almonds
- 3 tablespoons white sugar
- 3 tablespoons brown sugar
- 1 tablespoon ground cinnamon
- 1/4 teaspoon salt

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 34 grams
3. Fat: 36 grams
4. Fiber: 10 grams
5. Protein: 16 grams
6. SaturatedFat: 3 grams
7. Sodium: 160 milligrams
8. Sugar: 19 grams

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