

Sweet and Spicy Chinese Five Spice Roasted Almonds

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-butter-spread-recipe-chinese-five-spice>

Ingredients:

- 2 cups raw almonds
- 2 teaspoons olive oil
- 1 teaspoon Chinese five-spice
- 3/4 teaspoon fine grain sea salt
- 1/4 teaspoon ground cayenne
- 3/4 teaspoon sugar or 1/2 packet stevia

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 17 grams
3. Fat: 38 grams
4. Fiber: 9 grams
5. Protein: 15 grams
6. SaturatedFat: 3 grams
7. Sodium: 440 milligrams
8. Sugar: 4 grams

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