

Rosemary Roasted Almonds

Yield: 2 cups (serving size: ~ 2 Tbsp)

1 Tbsp finely chopped fresh rosemary

1 Tbsp extra-virgin olive oil

1 tsp chili powder

$\frac{3}{4}$ tsp kosher salt

Dash of ground red pepper

1 lb whole raw almonds

Directions

1. Preheat oven to 250°.
2. Combine all ingredients in a medium bowl; toss to coat.
3. Arrange nut mixture in a single layer on a baking sheet lined with foil.
4. Bake at 250° for 20 minutes or until lightly toasted.
5. Cool to room temperature.

Nutrition Information

Calories: 110

Fat 3.9 g

Saturated fat .7 g

Monounsaturated fat 6 g

Polyunsaturated fat 2.2 g

Carbohydrate 3.9 g

Protein 3.7 g

Fiber 2 g

Sodium 112

Potassium 129 mg