



Nuts Dried Fruit Trail Mixes Confectionery Snacks Seeds Organic Granola

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Blanched Almonds

The freshest nuts from California



Skipping the skins every so often is a nice change of pace when it comes to deriving almond joy. These bare beauties are equally great for snacking, adding to recipes, or even grinding to make your own almond meal.

Even without their skins, blanched almonds are a potent power snack, with just as much protein and heart-healthy fats, and a substantial amount of anti-inflammatory vitamin E, bone-strengthening magnesium, and blood-supporting iron. Besides, if you simply prefer their look and mouthfeel, you're still better off than not eating them at all, and you'll still be doing your heart and body good.



And since many recipes specifically call for blanched almonds, they're good to have on hand in a pinch. Blanched almonds are especially good when roasted to bring out their flavor and darken their color a tad.

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Our Ingredients:

Raw California Blanched Whole Almonds

Product of USA

Warning: Contains tree nuts. May contain occasional shell fragments. Packaged in a facility that processes peanuts, tree nuts, soy, wheat and dairy products.

Nutrition Facts:

Serving Size: 30g (~1.1 oz)

Amount per Serving

Calories		180
Calories from Fat		130
		%DV
Total Fat	9g	23%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carb	6g	2%
Dietary Fiber	3g	12%
Sugars	1g	
Protein	6g	
Vitamin A		0%
Vitamin C		0%
Calcium		8%
Iron		6%