

ALMONDS, SHELLED WHOLE DRY-ROASTED OR WHOLE NATURAL

for use in the USDA Household
Commodity Food Distribution Programs

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Product Description

Roasted almonds are slightly harder in texture than natural almonds because the dry-roasting process removes some of the moisture. Natural almonds are better for baking and cooking.

Pack

Shelled whole dry-roasted and shelled whole natural almonds are packed in 2-pound cartons.

Storage

- After opening, almonds will keep 4 to 6 months under refrigeration.
- Opened nuts, if frozen, will keep for 9 to 12 months.

Uses and Tips

- One pound of whole almonds measures 3 cups.
- Dry-roasted almonds have a shorter shelf life than natural almonds.
- Almonds can be substituted in any recipe calling for nuts.
- Almonds are a tasty and nutritious addition to rice dishes, vegetable dishes, casseroles, stuffings, salads, baked goods and desserts; they also make an excellent substitute for bread crumbs as a topping for casseroles or in a breading for fish.
- To toast almonds, spread in a single layer on a baking pan and bake at 300-350°F for 8-10 minutes, stirring occasionally until

(See recipes on reverse side.)



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almonds darken slightly (they will continue to brown slightly when removed from the oven).

Nutrition Information

- **Shelled Almonds** are a vitamin E-rich food; because of their skins, they are even higher in vitamin E than blanched almonds. One ounce (about 20-25 almonds) provides 35% of the daily value for vitamin E.
- Almonds are also high in protein, having as much protein, ounce for ounce, as red meat, but without the cholesterol.
- The fat content in almonds: 72% is monosaturated (the "good" fat), 21% is polyunsaturated fat, and only 7% is saturated fat.
- 1/3 cup of almonds provides 1/3 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

Nutrition Facts

Serving size 1/3 cup (39g) shelled almonds

Amount Per Serving

Calories 225	Fat Cal 178
% Daily Value*	
Total Fat 19.0g	29%
Saturated Fat 1.3g	6%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 5g	20%
Sugars 1g	
Protein 9g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 7%

*Percent Daily Values are based on a 2,000 calorie diet.

Crunchy Granola

3 tablespoons packed brown sugar
 3 tablespoons honey
 1¼ teaspoons vegetable oil
 ¼ teaspoon ground cinnamon
 ¼ teaspoon vanilla
 2 cups rolled oats
 1 cup whole almonds
 2/3 cup raisins

Recipe provided by the Almond Board of California

1. In a 1-quart saucepan, combine sugar, honey, vegetable oil, cinnamon, and vanilla. Stir over low heat until sugar is just dissolved.
2. Remove from heat and mix in oats. Spread out evenly on a lightly oiled baking sheet. Bake in center of 350°F oven for 10 minutes.
3. Sprinkle almonds over the top and bake 10 more minutes until almonds are golden brown.
4. Cool completely, then mix with raisins in a bowl.
5. Store in an airtight container up to 2 weeks.
6. Makes an excellent breakfast cereal or topping for yogurt.

Makes 16 ¼-cup servings.

Nutrition Information for each serving of Crunchy Granola:

Calories	131	Cholesterol	0 mg	Sugar	10 g	Calcium	33 mg
Calories from Fat	48	Sodium	3 mg	Protein	3 g	Iron	.9 mg
Total Fat	5.4 g	Total Carbohydrate	19 g	Vitamin A	1 RE		
Saturated Fat	.6 g	Dietary Fiber	2 g	Vitamin C	0 mg		

Almond Vegetable Stir-Fry

1½ tablespoons vegetable oil, divided
 ½ cup whole almonds
 8 cups assorted vegetables*, thinly sliced, in chunks, or 2" strips
 ½ teaspoon garlic powder
 1 teaspoon powdered ginger
 2 tablespoons cornstarch
 3 tablespoons reduced-sodium soy sauce
 1/3 cup water

Recipe provided by the Almond Board of California

*Choose from carrots, broccoli, peppers, zucchini, yellow squash, onions, green beans, mushrooms.

1. Heat half of the oil in a non-stick skillet.
2. Add almonds, cooking and tossing for about 8 minutes until lightly browned. Remove from heat and set aside.
3. Pour remaining oil in skillet and add vegetables. Stir-fry, about five minutes, tossing often until vegetables are crisp-tender.
4. Mix garlic powder, ginger, and cornstarch with water and soy sauce until smooth.
5. Add mixture to skillet, cooking and tossing for about 2 minutes until thickened.
6. Sprinkle with almonds. Serve over rice.

Makes 6 1-cup servings

Nutrition Information for each serving of Almond Vegetable Stir-Fry:

Calories	179	Cholesterol	0 mg	Sugar	6 g	Calcium	85 mg
Calories from fat	88	Sodium	296 mg	Protein	6 g	Iron	2.2 mg
Total Fat	9.8 g	Total Carbohydrate	19 g	Vitamin A	704 RE		
Saturated Fat	1.2 g	Dietary Fiber	6 g	Vitamin C	31 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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