

# Healthy Chile-Lime Spiced Almonds

Hands-on 15 minutes Overall 35 minutes

**Nutritional values (per serving, 1/4 cup):** Total carbs: 8.5 g, Fiber: 4.7 g, **Net carbs: 3.7 g,**

Protein: 7.7 g, Fat: 21.3 g, Calories: 241 kcal,

[Original recipe, Keto Diet App - The ultimate low-carb diet app](#)



## Ingredients (makes 2 cups/ 8 servings)

- 2 cups [almonds](#) (286 g/ 10 oz)
- 2 tbsp [extra virgin olive oil](#) (30 ml)
- 1 tsp chile powder
- 1/2 tsp smoked paprika
- 1/4 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp sea salt
- 2 tbsp fresh lime juice, about 1/2 lime (30 ml)
- 2 tsp fresh lime zest

## Instructions

1. Preheat oven to 170 °C/ 340 °F (conventional), or 150 °C/ 300 °F (fan assisted).
2. Mix ingredients together while oven preheats, allowing the almonds to soak up a bit of their marinade while the oven preheats (approx. 10 minutes).
3. Arrange the almonds in a single layer, and bake 20 – 25 minutes, stirring every 5 minutes or so.
4. Allow to cool on the tray, and then store in an air-tight jar for up to a month.

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