

Almond flour nutrition information

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Keto Chocolate Chip Cookies

Amount/serving		% Daily Value*		Amount/serving		% Daily Value*	
Total Fat	13g	20%	Total Carbohydrate	11g	4%	*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500	
Saturated Fat	9g	45%	Dietary Fiber	3g	12%		
Trans Fat	0g		Sugars	0g		Total Fat	Less than 65g 80g
Cholesterol	15mg	5%	Sugar Alcohol	7g		Sat Fat	Less than 20g 25g
Sodium	85mg	4%	Protein	2g		Cholesterol	Less than 300mg 300mg
						Sodium	Less than 2,400mg 2,400mg
						Total Carbohydrate	300g 375g
						Dietary Fiber	25g 30g

Serving Size: 1 cookie (30g)
Servings Per Container: 2
Calories 130
Calories from Fat 120
Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 6%

INGREDIENTS: COCONUT OIL, ERYTHRITOL/STEVIA BLEND, ALMOND FLOUR, EGG, UNSWEETENED CHOCOLOATE, ERYTHRITOL, INULIN, STEVIA EXTRACT, ORGANIC SOY LECITHIN, VANILLA, COCONUT FLOUR, FLAVOR, BAKING POWDER, XANTHAN GUM, SEA SALT

CONTAINS: MILK, EGG, ALMOND, COCONUT

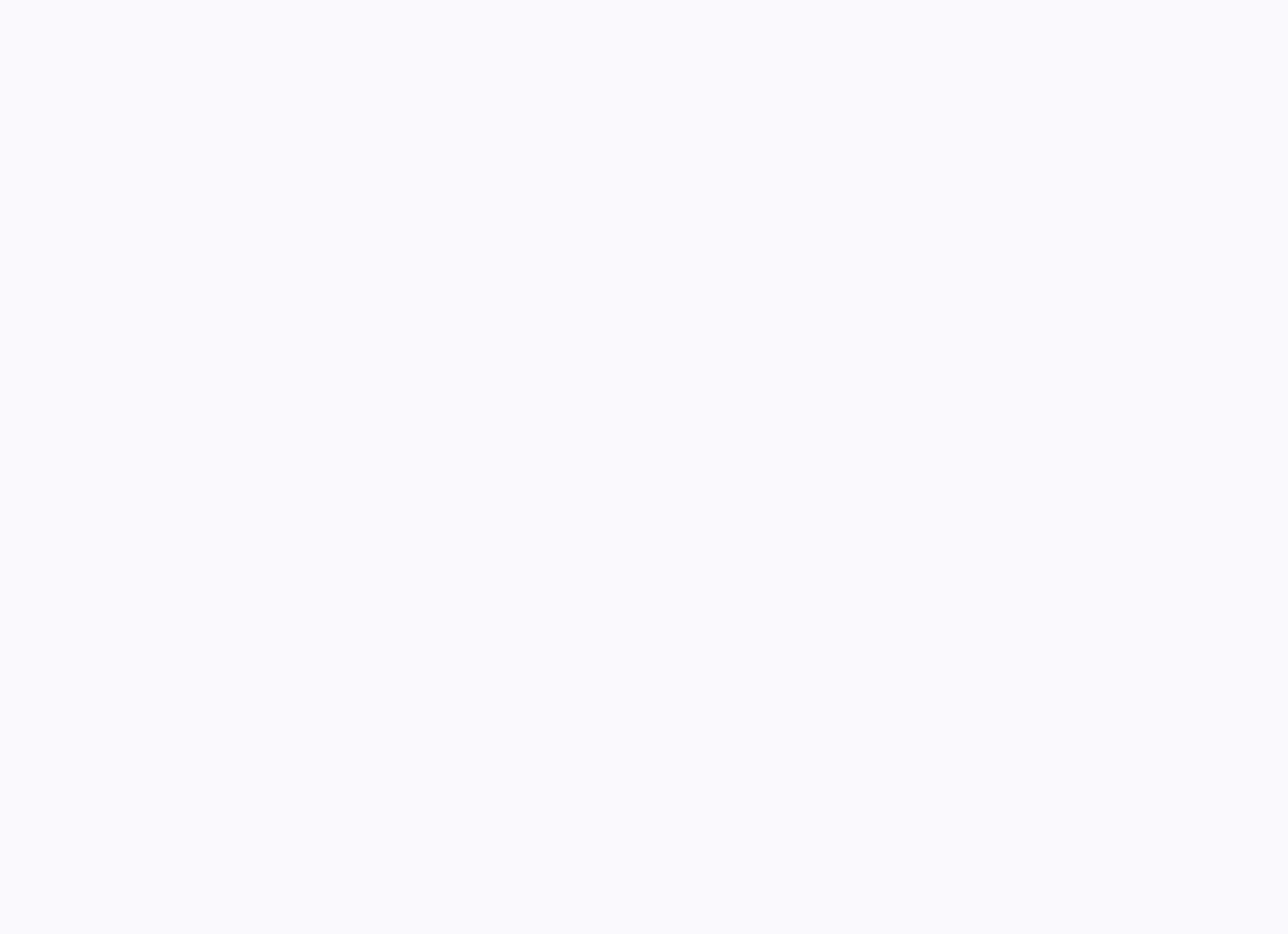
KETO TREATS BAKERY
WINNIPEG, MB





Written by Ryan Raman, MS, RD — Updated on April 25, 2017

Almond flour is a popular alternative to traditional wheat flour. It's low in carbs, packed with nutrients and has a slightly sweeter taste. Almond flour may also provide more health benefits than traditional wheat flour, such as reducing "bad" LDL cholesterol and insulin resistance (1, 2). This article explores the health benefits of almond flour and whether it's a better alternative to other types of flour. Almond flour is made from ground almonds. The process involves blanching almonds in boiling water to remove the skins, then grinding and sifting them into a fine flour. Almond flour is not the same as almond meal, despite the fact that their names are sometimes used interchangeably. Almond meal is made by grinding almonds with their skins intact, resulting in a coarser flour. This difference is important in recipes where texture makes a big difference. Summary: Almond flour is made from blanched almonds that are ground and sifted into a fine flour. Almond flour is rich in nutrients. One ounce (28 grams) contains (3): Calories: 163 Fat: 14.2 grams (9 of which are monounsaturated) Protein: 6.1 grams Carbs: 5.6 grams Dietary fiber: 3 grams Vitamin E: 35% of the RDI Manganese: 31% of the RDI Magnesium: 19% of the RDI Copper: 16% of the RDI Phosphorus: 13% of the RDI Almond flour is particularly rich in vitamin E, a group of fat-soluble compounds that act as antioxidants in your body. They prevent damage from harmful molecules called free radicals, which accelerate aging and increase your risk of heart disease and cancer (4). In fact, several studies have linked higher vitamin E intakes to lower rates of heart disease and Alzheimer's (5, 6, 7, 8, 9). Magnesium is another nutrient that's abundant in almond flour. It's involved in many processes in your body and may provide several benefits, including improved blood sugar control, reduced insulin resistance and lower blood pressure (10). Summary: Almond flour is incredibly nutritious. It's particularly rich in vitamin E and magnesium, two important nutrients for health. Foods made with refined wheat are high in carbs, but low in fat and fiber. This can cause high spikes in blood sugar levels, followed by rapid drops, which can leave you tired, hungry and craving foods high in sugar and calories. Conversely, almond flour is low in carbs yet high in healthy fats and fiber. These properties give it a low glycemic index, meaning it releases sugar slowly into your blood to provide a sustained source of energy. As mentioned above, almond flour contains a remarkably high amount of magnesium — a mineral that plays hundreds of roles in your body, including controlling blood sugar (10, 11). It's estimated that between 25-38% of people with type 2 diabetes have a magnesium deficiency, and correcting it through diet or supplements may significantly reduce blood sugar and improve insulin function (12, 13, 14). In fact, almond flour's ability to improve insulin function may also apply to people without type 2 diabetes who have either low magnesium levels or normal magnesium levels but are overweight (1, 15). This could mean that almonds' low glycemic properties and high magnesium content may help control blood sugar in people with or without type 2 diabetes. Summary: Almond flour may be better than conventional flours for your blood sugar, as it has a low glycemic index and is rich in magnesium. Wheat flours contain a protein called gluten. It helps dough stay stretchy and capture air during baking so that it rises and becomes fluffy. People who have celiac disease or a wheat intolerance cannot eat foods with gluten because their body mistakes it as harmful. For these individuals, the body produces an autoimmune response to remove gluten from the body. This response results in damage to the lining of the gut and can cause symptoms such as bloating, diarrhea, weight loss, skin rashes and tiredness (16). Fortunately, almond flour is both wheat-free and gluten-free, making it a great alternative for baking for those who can't tolerate wheat or gluten. Nevertheless, it's still important to check the packaging of almond flour you buy. While almonds are naturally gluten-free, some products may be contaminated with gluten. Summary: Almond flour is naturally gluten-free, making it a great alternative to wheat flour for those who have celiac disease or a wheat intolerance. Heart disease is the leading cause of death worldwide (17). It's well known that high blood pressure and "bad" LDL cholesterol levels are risk markers for heart disease. Luckily, what you eat can have a major effect on your blood pressure and LDL cholesterol, with many studies showing that almonds can be quite beneficial for both (2, 18, 19). An analysis of five studies including 142 people found that those who ate more almonds experienced an average decrease of 5.79 mg/dl in LDL cholesterol (19). While this finding is promising, it might have been due to other factors than simply eating more almonds. For example, participants in the five studies did not follow the same diet. Thus, weight loss, which is also linked to lower LDL cholesterol, could have varied across the studies (20). Furthermore, magnesium deficiencies have been linked to high blood pressure in both experimental and observational studies, and almonds are a great source of magnesium (21, 22). Although several studies show that correcting these deficiencies may help decrease blood pressure, they aren't consistent. More research is needed in this area to make stronger conclusions (23, 24, 25). Summary: The nutrients in almond flour may help reduce LDL cholesterol and lower blood pressure. The current findings are mixed, and more research is needed before making a definite link. Almond flour is easy to bake with. In most baking recipes, you can simply replace regular wheat flour with almond flour. It can also be used in place of bread crumbs to coat meats like fish, chicken and beef. The downside of using almond flour over wheat flour is that baked goods tend to be more flat and dense. This is because the gluten in wheat flour helps dough stretch and traps more air, which helps baked goods rise. Almond flour is also higher in calories than wheat flour, containing 163 calories in one ounce (28 grams), while wheat flour contains 102 calories (26). Summary: Almond flour can replace wheat flour at a 1:1 ratio. Because almond flour lacks gluten, baked products made with it are denser and flatter than those made with wheat products. Many people use almond flour in place of popular alternatives like wheat and coconut flour. Below is information about how it compares. Wheat Flours Almond flour is much lower in carbs than wheat flours, but higher in fat. Unfortunately, this means almond flour is higher in calories. However, it makes up for this by being incredibly nutritious. One ounce of almond flour provides you with a good amount of your daily values for vitamin E, manganese, magnesium and fiber (3). Almond flour is also gluten-free, while wheat flours are not, so it's a great option for people with celiac disease or a wheat intolerance. In baking, almond flour can often replace wheat flour at a 1:1 ratio, although baked products made with it are flatter and denser because they lack gluten. Phytic acid, an antinutrient, is also higher in wheat flours than almond flour, which leads to the poorer absorption of nutrients from foods. It binds to nutrients such as calcium, magnesium, zinc and iron, and reduces the extent to which they can be absorbed by your gut (27). Although almonds naturally have a high phytic acid content in their skin, almond flour does not, as it loses its skin in the blanching process. Coconut Flour Like wheat flours, coconut flour has more carbs and less fat than almond flour. It also contains fewer calories per ounce than almond flour, but almond flour contains more vitamins and minerals. Both almond flour and coconut flour are gluten-free, but coconut flour is more difficult to bake with, as it absorbs moisture very well and can make the texture of baked goods dry and crumbly. This means you might need to add more liquid to recipes when using coconut flour. Coconut flour is also higher in phytic acid than almond flour, which can reduce how many nutrients your body can absorb from foods that contain it. Summary: Almond flour is lower in carbs and more nutrient-dense than wheat and coconut flours. It also has less phytic acid, which means you receive more nutrients when you eat foods containing it. Almond flour is a great alternative to wheat-based flours. It's incredibly nutritious and provides many potential health benefits, including a reduced risk of heart disease and improved blood sugar control. Almond flour is also gluten-free, which makes it a great option for those with celiac disease or a wheat intolerance. If you're looking for a low-carb flour that's rich in nutrients, almond flour is a great choice. Please note that some foods may not be suitable for some people and you are urged to seek the advice of a physician before beginning any weight loss effort or diet regimen. Although the information provided on this site is presented in good faith and believed to be correct, FatSecret makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyright and other forms of intellectual property are property of their respective owners. Amarita/Getty Images Walk into your local Whole Foods or Trader Joe's these days and it's almond flour-based everything. From cookies to crackers, these wheat-free eats certainly seem better for you—but is almond flour really that nutritious? Besides having a slightly nutty, yet subtle flavor, almond flour is on fire because it's gluten-free and contains more protein than regular flour," says Bonnie Taub-Dix, RDN, nutritionist and author of Read It Before You Eat It. In addition to being a good-for-you option, almond flour is also super simple to use. "I love to bake with almond flour because it's an easy one-for-one swap with flours of lesser nutritional value," Taub-Dix says. "It also adds a richer flavor." That's why, when consulting with clients, Taub-Dix often recommends almond flour for baking, breading chicken or fish, or thickening soups. 9 Paleo Breakfasts That Aren't Just Meat Before you get in on its grain-free, nutty goodness, here's what else you should know about almond flour, from its nutritional value to its best uses. So, what is almond flour? Typically, almond flour is made with blanched almonds (almonds that have been quickly boiled so that their skins can be removed), says Taub-Dix. Then, they're pulverized into a fine powder using either a blender or food processor, and sifted into a fine powder, she says. How does almond flour nutrition stack up? Though almond flour doesn't look too different than typical wheat flour, its nutrition couldn't be farther from that of regular flour. Here's what you get in a quarter-cup serving of almond flour, according to the USDA: Calories: 170 Fat: 15 g Saturated fat: 1 g Protein: 24 g Carbs: 6 g Fiber: 2 g Sugar: 1 g Sodium: 0 mg Calcium: 66 mg Iron: 1 mg Potassium: 190 mg For reference, here's what you get in a quarter-cup serving of white wheat flour, per the USDA: Calories: 114 Fat: 0.3 g Protein: 3.2 g Carbs: 24 g Fiber: 0.9 g Sugar: 0.1 g Sodium: 0.6 mg Calcium: 4.7 mg Iron: 0.4 mg Potassium: 33.5 mg Higher in fat, fiber, and protein than white flour (but lower in carbs), almond flour is also loaded with vitamin E, an antioxidant that aids in brain, eye, skin, and reproductive health. It's also high in magnesium, a mineral that can contribute to cardiovascular health and help prevent migraines. Plus, almond flour's high niacin content is especially helpful for those suffering from inflammation associated with arthritis. Almond flour's health benefits don't end there. Thanks to its unique nutritional properties, almond flour offers a variety of other health benefits worth talking about. 1. It stabilizes blood sugar. Due to its lower carbohydrate content, almond flour might help stabilize blood sugar levels, says Taub-Dix. Its high fat content also helps slow down the absorption of carbohydrates and sugar, another factor in keeping your blood sugar stable. 2. It's heart-healthy. Almonds and almond flour have been shown to decrease LDL (bad) cholesterol and increase HDL (good) cholesterol, says Taub-Dix—and high cholesterol is linked to an increased risk of heart disease. 3. It's more satiating than typical flour. Thanks to almond flour's high fiber and protein content, it also helps to keep you feeling fuller for longer, says Taub-Dix. The perk: You're better able to avoid cravings and feel more satisfied between meals. 4. Almond flour is great for people on low-carb or gluten-free diets. If you live with a gluten intolerance or allergy, almond flour can literally change your life. "Almonds are naturally free of gluten, so almond flour opens up a world of possibilities, like baked goods, that might otherwise not be possible for those following gluten-free diets," Taub-Dix says. Not to mention, almond flour is also safe for those following keto or paleo diets, she adds. If you're keeping a close eye on carbs, almond flour is a great go-to, with just four grams of net carbs (total carbs minus fiber) per serving, making it a great keto-friendly option. (Regular flour contains about 23 grams of net carbs per serving, knocking out much of your daily carb allowance on keto in one fell swoop.) Not to mention, almond flour's higher fat content (15 grams per serving) also makes it a satiating ingredient for keto dieters. How to add almond flour into your diet. Impressed by almond flour's nutrition? Thought so. Now it's time to start loading up on the stuff. Though almond flour is definitely a great candidate for baked goods like cakes and cookies, Taub-Dix encourages you to think outside the measuring cup, too. No, Almond Meal And Almond Flour Are Not The Same "Use almond flour to create a rich sauce for a pot pie, thicken your soup, or bread your chicken or fish with almond flour," she says. How to find a quality almond flour. Luckily, finding a quality almond flour to start playing around with isn't too difficult these days. According to Taub-Dix, almond flour should contain just one ingredient: blanched almonds. If you can't eat any gluten whatsoever, check your labels carefully to ensure your brand wasn't produced in a facility that could have been contaminated with gluten. You can always make your own almond flour. On the next rainy day, use up some of that Costco-sized bag of almonds and DIY your own flour. First, blanch the almonds (quickly boil them in water) and remove their skins. Then, use a food processor or powerful blender to grind them into a fine, powdery texture, Taub-Dix says. Just be sure to pulse your almonds for a few seconds at a time. Otherwise, you might whip them up into almond butter (though, TBH, there are worse things in the world than an accidental batch of homemade almond butter). The bottom line: Almond flour is a great low-carb, gluten-free flour alternative with a nutty flavor and lots of protein and fiber. Marissa Miller has spent a decade editing and reporting on women's health issues from an intersectional lens with a focus on peer-reviewed nutrition, fitness trends, mental health, skincare, reproductive rights and beyond, and currently holds a certificate in plant-based nutrition from Cornell. She is an avid yoga practitioner, half-marathon runner, snowboarder, and former dance coach and choreographer. In addition to Women's Health, her work has appeared in The New York Times, Washington Post, Wall Street Journal, NBC News, GQ, Vogue, CNN Style, and more. Marissa lives in Montreal with her two cats. She is represented by Howland Literary and her debut novel PRETTY WEIRD will be published by Skyhorse Publishing in 2021.



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