

Snapped Up: Almond Summer Spread



Anytime meals

It's spring and we're craving lighter meals that can take advantage of fresh greens such as arugula and lettuce. This recipe is perfect for topping salads or for enjoying as a sandwich spread. Because the base ingredient consists of almonds (not meat), it doesn't require refrigeration. Use it in a wrap for a crushproof backpack meal.

While it tastes lighter (due to the touch of lemon) the crushed almonds will keep you fueled up for a long time.



*Good for one.
Great for many.*

INGREDIENTS

- 1 cup **Almonds**
- 1 slice of **whole lemon** (with rind)
- 3 sticks of **celery**
- 1/3 cup **sweet onion**
- ¼ cup **mayonnaise**
- Salt** to taste
- Mixed salad greens** including **arugula**
- 1 **mandarin orange** or any available fruit.

TOOLS USED:

- Food processor
- Small mixing bowl

DIRECTIONS:

1. In a food processor, rough chop 1 cup of almonds. Set aside in a small mixing bowl.

TIP: If you have a small food processor, it comes together very quickly. If not, rough chop the ingredients with a good kitchen knife.

2. In the same food processor, mince chop celery, onion, and lemon slice.
3. Mix all ingredients with mayonnaise and salt to taste

SERVE:

Serve on top of spring greens with mandarin orange slices or spread on bread for a sandwich and stack the greens on top. Arugula adds a bit of mustard-like punch to the taste.



One bowl of Almond Summer Salad as shown

General			
Energy	299.3	kcal	41%
Alcohol	0.0	g	No Target
Caffeine	0.0	mg	No Target
Water	204.9	g	8%

Carbohydrates			
Carbs	26.4	g	32%
Fiber	7.9	g	38%
Starch	0.9	g	No Target
Sugars	14.0	g	No Target
Sugar Alcohol	0.6	g	No Target
Net Carbs	17.9	g	29%

Lipids			
Fat	20.0	g	74%
Monounsaturated	11.1	g	No Target
Polyunsaturated	6.0	g	No Target
Omega-3	0.3	g	15%
Omega-6	5.7	g	52%
Saturated	1.8	g	n/a
Trans-Fats	0.0	g	0.017 g
Cholesterol	2.8	mg	No Target
Phytosterol	0.0	mg	No Target

Protein			
Protein	9.2	g	15%
Cystine	0.1	g	12%
Histidine	0.2	g	21%
Isoleucine	0.3	g	22%
Leucine	0.6	g	19%
Lysine	0.3	g	10%
Methionine	0.1	g	10%
Phenylalanine	0.4	g	38%
Threonine	0.2	g	18%
Tryptophan	0.1	g	24%
Tyrosine	0.2	g	16%
Valine	0.3	g	21%

Vitamins			
B1 (Thiamine)	0.2	mg	16%
B2 (Riboflavin)	0.5	mg	43%
B3 (Niacin)	1.8	mg	13%
B5 (Pantothenic Acid)	0.6	mg	12%
B6 (Pyridoxine)	0.2	mg	15%
B12 (Cobalamin)	0.0	µg	0%
Biotin	0.0	µg	0%
Folate	123.1	µg	31%
Vitamin A	5034.3	IU	216%
Vitamin C	30.1	mg	40%
Vitamin D	0.0	IU	0%
Vitamin E	8.9	mg	60%
Beta Tocopherol	0.2	mg	No Target
Delta Tocopherol	0.7	mg	No Target
Gamma Tocopherol	2.1	mg	No Target
Vitamin K	77.1	µg	86%

Minerals			
Calcium	173.7	mg	22%
Copper	0.4	mg	48%
Fluoride	0.0	µg	0%
Iodine	0.0	µg	0%
Iron	2.1	mg	27%
Magnesium	117.0	mg	37%
Manganese	0.9	mg	52%
Molybdenum	0.0	µg	0%
Phosphorus	214.1	mg	31%
Potassium	688.3	mg	15%
Selenium	2.1	µg	4%
Sodium	139.9	mg	11%
Zinc	1.4	mg	17%

Chart taken from **Cronometer.com**

Since you can't check the label on the side of a plant, Cronometer makes it easy to see what comes packed inside any whole food and in any quantity.

Percentages are based on what a 150 pound person needs daily.