

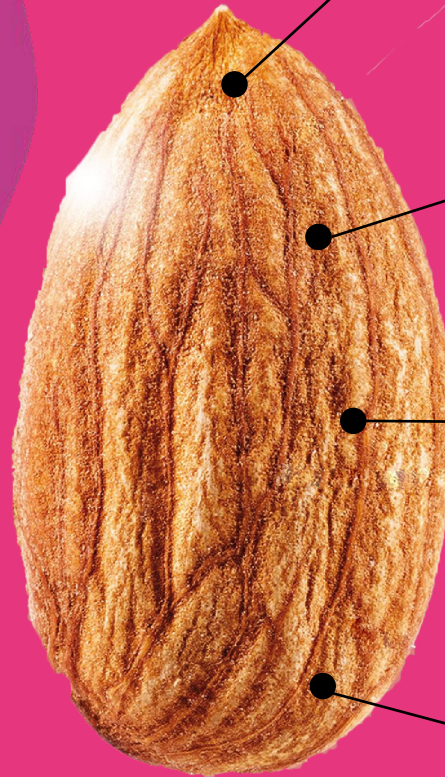
Almond

(PRUNUS DULCIS)

Almonds are rich in monounsaturated fats and are therefore excellent for the heart's health. Almonds are full of fiber; that is why almonds are great for satisfying hunger and are a source of protein. Almonds contain high levels of Vitamin E, and high levels of the minerals; Potassium, Calcium, and Magnesium when compared to other nuts.

Utility

A handful of almonds is a healthy snack, but almonds are mainly used in delicacies such as; almond paste, marzipan, and nougat. Almonds are also widely used in splits, shavings, slivers, and other decorations, especially on cakes. The almond is a tasty nut: Muesli, chocolate, and sugar-coated almonds during a cup of coffee. The almond is suitable for every occasion.



Until the '80s, Spain was the largest producer of almonds.

Today, Spain is mainly an origin of organic almonds.

Most almonds now come from California, USA with the main varieties:

Non-Pareil - Carmel - California

Almonds become white when the brown casing is removed through blanching.

In addition to consumption, almonds are also widely used as oil in various applications, such as cosmetics.

Delinuts

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