

# Organic Tamari Almonds - Roasted

Country of Origin: USA

Certified Organic

Pro-Cert

## Nutrition Facts Valeur nutritive

Per 100 g / par 100 g

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 598	
<b>Fat / Lipides</b> 52.5 g	<b>75 %</b>
Saturated / saturés 4.1 g + Trans / trans 0 g	<b>18 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 498 mg	<b>21 %</b>
<b>Carbohydrate / Glucides</b> 21 g	<b>7 %</b>
Fibre / Fibres 48 g	<b>10.9 %</b>
Sugars / Sucres 4.9 g	
<b>Protein / Protéines</b> 21 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	26 %
Iron / Fer	20 %

## Factoid:

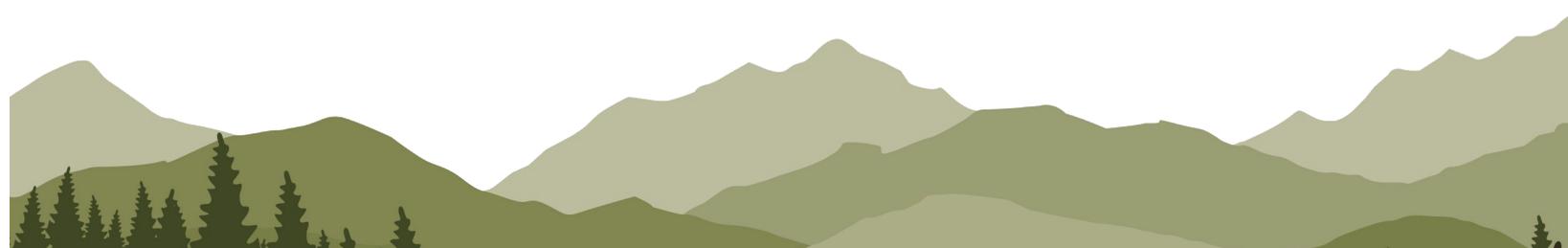
Although our almonds come from California, almonds are originally from West Asia and the Mediterranean Middle East, and were eventually brought to California by Franciscan monks from Spain. Almonds are a rich source of protein, and nutrients such as zinc, calcium, iron, magnesium, copper, vitamin E and B vitamins.

## Allergen Information:

Contains tree nuts. May contain soy and other tree nuts.

## Ingredients:

Organic almonds and organic wheat-free tamari (water, organic soybeans, salt, organic alcohol).



**Recipe:**

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# Almond Ravioli

## Ingredients:

2 egg yolks

1 Tbl water

1 1/2 Tbl white wine

4 tsp olive oil

1 1/4 C all-purpose flour

1/2 lb tamari roasted almonds

1/4 C candied orange peel, chopped

3 Tbl toasted almonds, chopped

2 1/2 Tbl grated bittersweet chocolate

1 1/2 Tbl amaretto liqueur

1 1/2 tsp pure vanilla extract

4 tsp honey

1/2 tsp ground cinnamon

Oil for deep frying

Powdered sugar for garnish

## Instructions:

1. Combine the almonds, candied orange, almonds, chocolate, amaretto, vanilla, honey, and cinnamon until well-blended.
2. Roll pastry dough in a rectangle to 1/8-inch thickness. Cut 3-inch circles and place 1 tablespoon of filling on each. Fold over and press edges to seal.
3. Deep-fry in hot oil until golden and drain on paper towels. Let cool slightly and dust with powdered sugar.

## Farmer:

### Baughner Ranch Organics

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The Baughner family has been farming for many generations. Chris and wife Marcie knew that moving to organic farming was their calling. In 1984, Chris and Marcie held on to a 40 acre almond orchard with everything they had and started Baughner Ranch Organics the next year. Almost 30 years later, their farm and processing facility in Northern California has become the leading producer of organic almonds. With four generations working together side by side on the farm, 'organic' has become a way of life for the Baughners. Today, their daughters Nisha and Rania and son Bradley all live and work on the farm. For them, organic farming and processing is beyond certifications and is really about embodying organic principles. Through cover cropping, water conservation, promoting biodiversity and other practices, they hope to give back to the land and provide something better for future generations. And although the lifestyle has been physically, mentally, and emotionally challenging, at the end of the day, they find it brings tremendous joy and is deeply rewarding.

