Turrón is a Spanish confection typically eaten at Christmas in Spain, Italy, and Latin America. The key ingredients are honey, sugar, egg white, and toasted almonds or other nuts, though it comes in varieties with various other ingredients. Nutty and toasty flavours come from pyrazines (such as 2-methylpyrazine) found in toasted nuts, as well as from furans (such as furfural) and pyrroles. Phenylacetaldehyde is also thought to contribute to the aroma of toasted almonds, as well as being an aroma compound found in honey.