



Almond and Jam Pastries

READY IN



35 min.

SERVINGS



35

CALORIES



155 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 cups almonds divided sliced
- ☐ 8 slices challah bread thick
- ☐ 1 large eggs
- ☐ 0.5 cup granulated sugar divided
- ☐ 2 tablespoons half-and-half
- ☐ 0.5 cup jam
- ☐ 0.3 teaspoon kosher salt
- ☐ 35 servings powdered sugar
- ☐ 0.7 cup butter unsalted

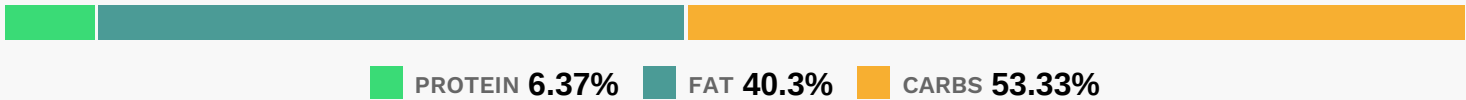
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Whirl 1 cup almonds with 1/4 cup granulated sugar in a food processor until finely ground.
- ☐ Transfer mixture to a bowl.
- ☐ Blend butter and remaining 1/4 cup granulated sugar in a food processor until smooth.
- ☐ Add salt, egg, and half-and-half and pulse just to blend.
- ☐ Add reserved ground almonds and blend until mixture is smooth.
- ☐ Line a baking sheet with parchment paper.
- ☐ Spread about 1 tbsp. jam, then 2 tbsp. almond cream, on each slice of bread (you'll have almond cream left over).
- ☐ Sprinkle each with about 2 tbsp. sliced almonds.
- ☐ Bake until almond cream is golden brown and almonds are toasted, about 20 minutes.
- ☐ Sprinkle with powdered sugar.
- ☐ Make ahead: Chill extra almond cream airtight up to 2 weeks and use for making more pastries (you'll want to).

Nutrition Facts



Properties

Glycemic Index:3.86, Glycemic Load:3.85, Inflammation Score:-2, Nutrition Score:3.4547826349735%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 155kcal (7.75%), Fat: 7.1g (10.93%), Saturated Fat: 2.72g (16.99%), Carbohydrates: 21.15g (7.05%), Net Carbohydrates: 20.16g (7.33%), Sugar: 13.52g (15.02%), Cholesterol: 21.09mg (7.03%), Sodium: 67.47mg (2.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.05%), Vitamin E: 1.5mg (10%), Manganese: 0.18mg (9.18%), Vitamin B2: 0.13mg (7.54%), Selenium: 4.53µg (6.48%), Vitamin B1: 0.07mg (4.38%), Phosphorus: 43.73mg (4.37%), Magnesium: 17.03mg (4.26%), Folate: 16.39µg (4.1%), Copper: 0.08mg (4.06%), Fiber: 0.99g (3.96%), Vitamin B3: 0.78mg (3.92%), Iron: 0.62mg (3.44%), Calcium: 29.25mg (2.93%), Vitamin A: 144.41IU (2.89%), Zinc: 0.29mg (1.93%), Potassium: 60.57mg (1.73%)