



Almond Butter Slices

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



295 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 100 grams almonds
- 15 grams double-acting baking powder
- 125 grams butter softened
- 300 grams flour
- 150 grams german quark (or fromage frais)
- 90 ml safflower oil
- 0.5 teaspoon salt
- 1.5 cups sugar

- 20 grams tsp vanilla sugar
- 0.5 cup milk whole organic

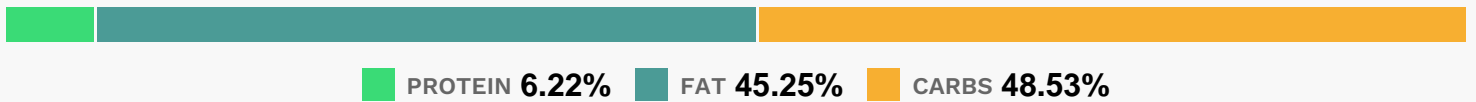
Equipment

- oven
- mixing bowl
- baking pan
- hand mixer

Directions

- Preheat the oven to 180C/350F. Line a 30x40cm baking tray with paper.
- Combine the sugar, vanilla sugar and almond slices for the topping in a bowl. Set aside. Sift the flour and baking powder into a mixing bowl.
- Add in Quark, milk, oil, sugar and salt.
- Mix all the ingredients with a hand mixer fitted with dough hooks for 1 minute on high speed. Don't over stir the dough or it will become sticky.
- Place the dough onto the prepared tray and roll it out.
- Spread the softened butter all over the surface of the dough. Spread the topping mixture evenly onto the dough.
- Bake on the upper rack of the hot oven for about 20 minutes until golden crispy.

Nutrition Facts



Properties

Glycemic Index:25.32, Glycemic Load:24.75, Inflammation Score:-3, Nutrition Score:5.9839130434783%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin:

0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Taste

Sweetness: 100%, Saltiness: 9.35%, Sourness: 2.25%, Bitterness: 1.45%, Savoriness: 3.47%, Fattiness: 60.69%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 294.72kcal (14.74%), Fat: 15.16g (23.32%), Saturated Fat: 4.82g (30.15%), Carbohydrates: 36.57g (12.19%), Net Carbohydrates: 35.28g (12.83%), Sugar: 21.03g (23.37%), Cholesterol: 17.71mg (5.9%), Sodium: 235.19mg (10.23%), Protein: 4.68g (9.37%), Vitamin E: 3.56mg (23.76%), Manganese: 0.27mg (13.6%), Vitamin B1: 0.16mg (10.98%), Vitamin B2: 0.18mg (10.64%), Selenium: 6.96µg (9.94%), Folate: 37.3µg (9.32%), Calcium: 86.21mg (8.62%), Phosphorus: 80.43mg (8.04%), Iron: 1.22mg (6.76%), Vitamin B3: 1.34mg (6.72%), Magnesium: 22.33mg (5.58%), Fiber: 1.29g (5.16%), Copper: 0.09mg (4.65%), Vitamin A: 207.65IU (4.15%), Zinc: 0.37mg (2.45%), Potassium: 79.79mg (2.28%), Vitamin B5: 0.15mg (1.48%), Vitamin B6: 0.02mg (1.08%)