



Almond Chess Squares

READY IN



45 min.

SERVINGS



36

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons almond extract
- ☐ 1 teaspoon imitation butter flavoring
- ☐ 8 ounce nonfat cream cheese softened
- ☐ 1 eggs
- ☐ 3 egg whites
- ☐ 0.5 cup butter melted reduced-calorie
- ☐ 2 teaspoons powdered sugar
- ☐ 2.5 cups powdered sugar sifted
- ☐ 1 tablespoon water

☐

18.3 ounce duncan hines classic decadent cake mix light yellow

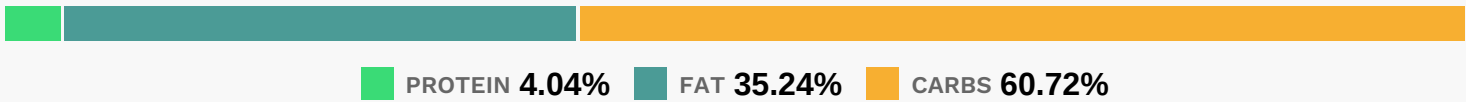
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ baking pan

Directions

- ☐ Combine first 9 ingredients in a large mixing bowl; beat at medium speed of a mixer until smooth.
- ☐ Pour batter into a 13 x 9-inch baking pan coated with cooking spray.
- ☐ Bake at 350 for 45 minutes or until golden.
- ☐ Let cool completely in pan on a wire rack.
- ☐ Sprinkle with 2 teaspoons powdered sugar.

Nutrition Facts



Properties

Glycemic Index:2.14, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:1.697826076218%

Nutrients (% of daily need)

Calories: 134.98kcal (6.75%), Fat: 5.34g (8.21%), Saturated Fat: 2.14g (13.38%), Carbohydrates: 20.7g (6.9%), Net Carbohydrates: 20.52g (7.46%), Sugar: 14.76g (16.4%), Cholesterol: 11.21mg (3.74%), Sodium: 161.12mg (7.01%), Alcohol: 0.06g (100%), Alcohol %: 0.2% (100%), Protein: 1.38g (2.75%), Phosphorus: 54.86mg (5.49%), Vitamin A: 207.45IU (4.15%), Vitamin B2: 0.07mg (3.95%), Calcium: 38.39mg (3.84%), Folate: 11.05µg (2.76%), Selenium: 1.9µg (2.71%), Vitamin B1: 0.04mg (2.37%), Vitamin E: 0.3mg (2%), Iron: 0.33mg (1.86%), Vitamin B3: 0.34mg (1.72%), Manganese: 0.03mg (1.47%), Vitamin B5: 0.11mg (1.15%)