



Almond-Cream Cheese Triangles

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



228 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon almond extract
- 2 tablespoons almonds sliced
- 2 tablespoons butter firm
- 3 oz cream cheese
- 8 oz cream cheese softened
- 1 egg whites slightly beaten
- 1 egg yolk
- 0.3 cup milk

- 0.3 cup sugar
- 2 teaspoons sugar
- 2 cups frangelico
- 2 cups frangelico

Equipment

- bowl
- baking sheet
- oven
- blender

Directions

- Heat oven to 425F. In medium bowl, cut 3-oz package of cream cheese and the butter into Bisquick mix, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like fine crumbs. Stir in milk and egg yolk.
- Place dough on surface well dusted with Bisquick mix; gently roll in Bisquick mix to coat. Knead 10 times.
- Roll dough into 16x8-inch rectangle.
- In small bowl, mix 8-oz package of cream cheese, 1/3 cup sugar and the almond extract until smooth.
- Spread cream cheese filling lengthwise over half of dough to within 1/4 inch of edge; carefully fold dough over filling.
- Brush egg white over top.
- Sprinkle with almonds and 2 teaspoons sugar.
- Cut into 4 (4-inch) squares; cut squares diagonally in half to form 8 triangles.
- Place on ungreased cookie sheet.
- Bake about 14 minutes or until golden brown.
- Serve warm or cold. Cover; refrigerate any remaining triangles.

Nutrition Facts



■ PROTEIN 6.98% ■ FAT 71.3% ■ CARBS 21.72%

Properties

Glycemic Index:30.27, Glycemic Load:7.3, Inflammation Score:-4, Nutrition Score:3.6526086956425%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 228.02kcal (11.4%), Fat: 18.43g (28.36%), Saturated Fat: 8.96g (55.98%), Carbohydrates: 12.63g (4.21%), Net Carbohydrates: 12.32g (4.48%), Sugar: 11.45g (12.72%), Cholesterol: 64.89mg (21.63%), Sodium: 166.71mg (7.25%), Alcohol: 0.09g (100%), Alcohol %: 0.15% (100%), Protein: 4.06g (8.12%), Vitamin A: 697.64IU (13.95%), Vitamin B2: 0.16mg (9.64%), Selenium: 5.71µg (8.16%), Vitamin E: 1.15mg (7.65%), Phosphorus: 74.16mg (7.42%), Calcium: 61.38mg (6.14%), Vitamin B5: 0.35mg (3.49%), Manganese: 0.06mg (3.22%), Vitamin B12: 0.19µg (3.19%), Magnesium: 12.14mg (3.03%), Potassium: 95.62mg (2.73%), Zinc: 0.37mg (2.46%), Folate: 8.08µg (2.02%), Vitamin B6: 0.04mg (1.99%), Copper: 0.04mg (1.81%), Vitamin B1: 0.02mg (1.62%), Vitamin D: 0.23µg (1.56%), Fiber: 0.31g (1.25%), Iron: 0.2mg (1.14%)