

Taste of Home

Almond Croissants

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



297 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 ounce yeast dry
- 0.3 cup water (110° to 115°)
- 4 cups flour all-purpose
- 0.3 cup sugar
- 1 teaspoon salt
- 1 cup butter cold
- 0.8 cup milk (110° to 115°)
- 3 egg yolk

- 0.5 cup almond paste
- 1 egg whites
- 0.3 cup powdered sugar
- 1 egg whites
- 1 tablespoon water
- 0.3 cup almonds sliced

Equipment

- bowl
- baking sheet
- oven

Directions

- In a bowl, dissolve yeast in warm water. In a large bowl, combine the flour, sugar and salt.
- Cut in butter until crumbly.
- Add milk and egg yolks to yeast mixture; mix well. Stir into crumb mixture; mix well. Do not knead. Cover and refrigerate overnight.
- Punch dough down. Turn dough onto a lightly floured surface; divide in half.
- Roll each piece into a 12-in. circle; cut each circle into eight wedges. In a small bowl, beat filling ingredients until smooth.
- Spread filling over wedges; roll up from wide end.
- Place with point side down 3 in. apart on ungreased baking sheets. Curve ends to form a crescent shape. Cover and let rise in a warm place for 1 hour (dough will not double).
- Beat egg white and water; brush over croissants.
- Sprinkle with almonds.
- Bake at 350° for 15–20 minutes.
- Remove from pans to wire racks to cool.

Nutrition Facts



■ PROTEIN 7.75% ■ FAT 47.57% ■ CARBS 44.68%

Properties

Glycemic Index:15.19, Glycemic Load:19.65, Inflammation Score:-5, Nutrition Score:7.8873912618374%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg 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: 296.73kcal (14.84%), Fat: 15.81g (24.32%), Saturated Fat: 8.12g (50.76%), Carbohydrates: 33.41g (11.14%), Net Carbohydrates: 31.92g (11.61%), Sugar: 8.27g (9.19%), Cholesterol: 68.33mg (22.78%), Sodium: 250.56mg (10.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.58%), Vitamin B1: 0.32mg (21.07%), Selenium: 14.02µg (20.02%), Folate: 78.87µg (19.72%), Vitamin B2: 0.27mg (16.1%), Manganese: 0.31mg (15.57%), Vitamin E: 1.77mg (11.78%), Vitamin B3: 2.2mg (10.99%), Iron: 1.73mg (9.6%), Phosphorus: 90.47mg (9.05%), Vitamin A: 421.76IU (8.44%), Fiber: 1.48g (5.93%), Magnesium: 22.5mg (5.63%), Copper: 0.1mg (4.94%), Calcium: 43.26mg (4.33%), Vitamin B5: 0.38mg (3.78%), Zinc: 0.54mg (3.62%), Potassium: 100.96mg (2.88%), Vitamin B12: 0.16µg (2.59%), Vitamin B6: 0.04mg (2.22%), Vitamin D: 0.31µg (2.05%), Vitamin K: 1.15µg (1.09%)