



Almond Filling

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



5

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons amaretto
- 5 teaspoons cornstarch
- 2 eggs
- 1 cup milk
- 0.3 teaspoon salt
- 0.3 cup sugar white

Equipment

- bowl

sauce pan

plastic wrap

Directions

Combine sugar, cornstarch, and salt in saucepan. In a separate bowl beat eggs and mix together with milk. Stir into dry mixture. Cook over medium heat, stirring constantly, until thick and bubbling. Cook for 2 minutes more.

Remove from heat, add almond liqueur and stir well. Cover surface of filling with plastic wrap to prevent film from forming and chill completely before using.

Nutrition Facts



Properties

Glycemic Index:21.62, Glycemic Load:7.85, Inflammation Score:-1, Nutrition Score:3.2539130180426%

Nutrients (% of daily need)

Calories: 119.05kcal (5.95%), Fat: 3.29g (5.06%), Saturated Fat: 1.47g (9.16%), Carbohydrates: 16.12g (5.37%), Net Carbohydrates: 16.11g (5.86%), Sugar: 14.32g (15.92%), Cholesterol: 71.33mg (23.78%), Sodium: 160.57mg (6.98%), Alcohol: 1.56g (100%), Alcohol %: 2.33% (100%), Protein: 3.83g (7.66%), Selenium: 6.46µg (9.24%), Vitamin B2: 0.15mg (8.85%), Phosphorus: 84.76mg (8.48%), Calcium: 70.15mg (7.02%), Vitamin B12: 0.42µg (7%), Vitamin D: 0.89µg (5.93%), Vitamin B5: 0.45mg (4.52%), Vitamin A: 174.1IU (3.48%), Vitamin B6: 0.06mg (2.98%), Zinc: 0.43mg (2.88%), Potassium: 99.57mg (2.84%), Vitamin B1: 0.03mg (2.31%), Folate: 8.27µg (2.07%), Magnesium: 8.21mg (2.05%), Iron: 0.33mg (1.82%), Vitamin E: 0.21mg (1.39%)