



Almond-Honey Straws



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup almonds sliced very finely chopped
- ☐ 1 egg wash (with 2 tbsp. water)
- ☐ 0.5 cup honey
- ☐ 0.5 pound puff pastry chilled
- ☐ 0.5 cup sugar

Equipment

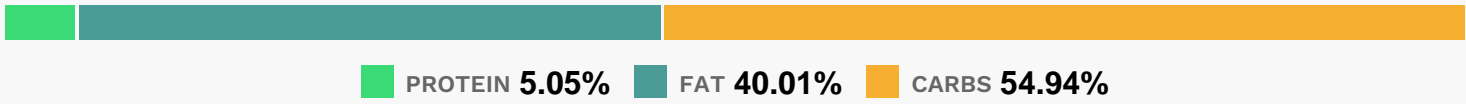
- ☐ baking sheet
- ☐ oven

- ☐ knife
- ☐ spatula
- ☐ rolling pin
- ☐ drinking straws

Directions

- ☐ Preheat oven to 37
- ☐ Flour a work surface and a rolling pin. Set puff pastry on surface, sprinkle lightly with flour, and roll out into a rectangle about 8 in. by 12 in. and 1/8 in. thick. Arrange pastry so that it's horizontal and trim edges even.
- ☐ Drizzle or spoon 1/4 cup honey evenly over entire pastry (don't spread) and sprinkle half of pastry with 1/4 cup almonds. Fold honeyed half over almonds, like closing a book.
- ☐ Sprinkle top of pastry with flour and roll back out into a rectangle about 2/3 the size of the one you began with.
- ☐ Drizzle or spoon another 1/4 cup honey over entire pastry, sprinkle half with another 1/4 cup very finely chopped almonds, and fold honeyed half over.
- ☐ Roll with the pin a few times to seal.
- ☐ With a sharp knife, cut pastry lengthwise into 1/3-in.-wide strips. Twist each strip loosely a couple of times and put on an ungreased baking sheet (push ends onto sheet to keep straw from untwisting; you may need 2 sheets). Put straws in freezer for 20 minutes so they firm up, then dab tops of strips lightly with egg wash and sprinkle with sugar.
- ☐ Bake straws until medium golden brown, 12 to 15 minutes.
- ☐ Let cool 1 minute, then loosen gently from sheet with spatula.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:9.42, Glycemic Load:9.92, Inflammation Score:-1, Nutrition Score:2.0117391051482%

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, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg 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: 123.96kcal (6.2%), Fat: 5.69g (8.76%), Saturated Fat: 1.25g (7.81%), Carbohydrates: 17.59g (5.86%), Net Carbohydrates: 17.12g (6.22%), Sugar: 12.14g (13.49%), Cholesterol: 8.18mg (2.73%), Sodium: 31.77mg (1.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.24%), Manganese: 0.12mg (5.77%), Selenium: 3.61µg (5.16%), Vitamin E: 0.67mg (4.49%), Vitamin B2: 0.07mg (4.27%), Vitamin B1: 0.05mg (3.38%), Vitamin B3: 0.57mg (2.84%), Folate: 11.06µg (2.77%), Iron: 0.45mg (2.51%), Phosphorus: 22.56mg (2.26%), Magnesium: 8.46mg (2.11%), Copper: 0.04mg (2.08%), Fiber: 0.47g (1.9%), Vitamin K: 1.83µg (1.75%), Zinc: 0.18mg (1.2%)