



Almond Olive-Oil Tuiles



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



18

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon almond extract pure
- ☐ 0.3 cup almonds sliced
- ☐ 1 large egg whites
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 0.3 cup olive oil
- ☐ 6 tablespoons potato flour
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar

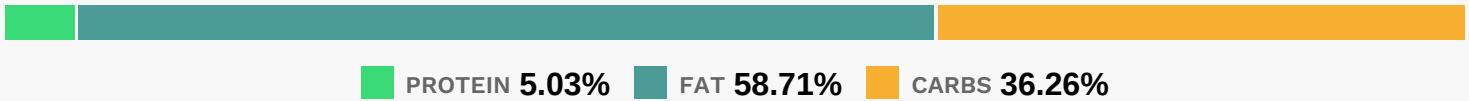
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ spatula
- ☐ rolling pin
- ☐ offset spatula

Directions

- ☐ Preheat oven to 375°F with rack in middle. Line a large baking sheet with liner.
- ☐ Whisk together all ingredients except sliced almonds until smooth.
- ☐ Spoon 2 teaspoons of batter for each cookie, 2 inches apart, on baking sheet (about 6 cookies). Using an offset spatula or the back of a small spoon, spread each into a 3-inch round.
- ☐ Sprinkle about 1 teaspoon sliced almonds on each cookie.
- ☐ Bake until pale golden, 7 to 9 minutes. Using a spatula, drape hot cookies over a rolling pin or empty wine bottle, pressing them gently to curl.
- ☐ Make more cookies in same manner on cooled baking sheet.
- ☐ •If cookies become to crisp to curl, return to oven to soften 1 minutes. •Cookies can be made 2 days ahead and kept in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:4.45, Glycemic Load:1.95, Inflammation Score:-1, Nutrition Score:1.0617391310794%

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: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg 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: 57.74kcal (2.89%), Fat: 3.87g (5.96%), Saturated Fat: 0.48g (3.01%), Carbohydrates: 5.38g (1.79%), Net Carbohydrates: 5g (1.82%), Sugar: 2.96g (3.29%), Cholesterol: 0mg (0%), Sodium: 36.92mg (1.61%), Alcohol: 0.02g (100%), Alcohol %: 0.2% (100%), Protein: 0.75g (1.49%), Vitamin E: 0.88mg (5.83%), Manganese: 0.05mg (2.39%), Vitamin B2: 0.03mg (1.73%), Vitamin K: 1.81µg (1.72%), Magnesium: 6.55mg (1.64%), Fiber: 0.38g (1.5%), Phosphorus: 12.96mg (1.3%), Potassium: 42.43mg (1.21%), Copper: 0.02mg (1.18%), Vitamin B6: 0.02mg (1.15%)