



Almond Paste

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



562 kcal

SIDE DISH

Ingredients

- 1 teaspoon almond extract
- 1 pound blanched almonds and
- 16 ounce confectioners' sugar
- 3 egg whites

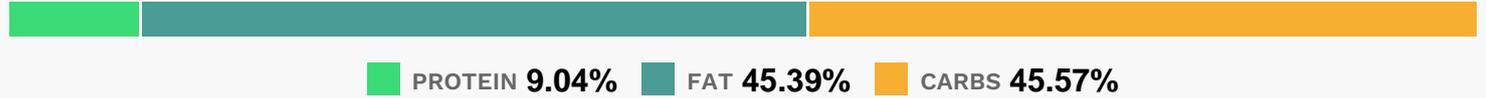
Equipment

- blender

Directions

- Grind almonds in a blender. Thoroughly mix in confectioners sugar. Beat egg whites slightly, then stir into the almond mixture.
- Add almond extract, using your hands to blend the heavy mixture.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:16.074782558109%

Nutrients (% of daily need)

Calories: 562.37kcal (28.12%), Fat: 29.8g (45.84%), Saturated Fat: 2.24g (14.01%), Carbohydrates: 67.32g (22.44%), Net Carbohydrates: 61.7g (22.44%), Sugar: 58.22g (64.69%), Cholesterol: 0mg (0%), Sodium: 30.63mg (1.33%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 13.36g (26.72%), Vitamin E: 13.47mg (89.77%), Manganese: 1.05mg (52.25%), Magnesium: 153.25mg (38.31%), Copper: 0.59mg (29.46%), Phosphorus: 274.44mg (27.44%), Vitamin B2: 0.46mg (27.28%), Fiber: 5.61g (22.45%), Calcium: 135.22mg (13.52%), Zinc: 1.69mg (11.29%), Potassium: 393.86mg (11.25%), Iron: 1.9mg (10.57%), Vitamin B3: 2mg (9.99%), Vitamin B1: 0.11mg (7.25%), Folate: 28.23µg (7.06%), Selenium: 4.4µg (6.29%), Vitamin B6: 0.07mg (3.29%), Vitamin B5: 0.2mg (2%)