

Almond Puff

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



185 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons almond extract
- ☐ 0.5 cup almonds sliced
- ☐ 2 tablespoons butter melted
- ☐ 1.5 cups confectioners' sugar
- ☐ 3 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1.5 teaspoons vanilla extract
- ☐ 1 cup water

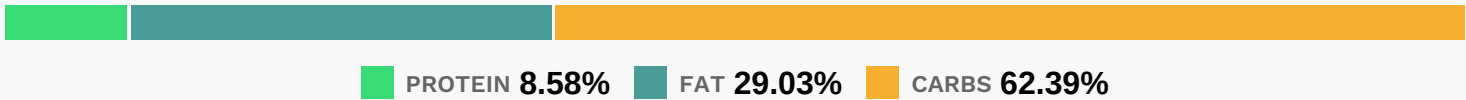
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ In a medium bowl, cut the 1/2 cup of margarine into the 1 cup of flour until mixture resembles coarse crumbs.
- ☐ Add the cold water one tablespoon at a time. Using your hands or a fork, stir until the dough can form a ball. Divide dough in half.
- ☐ Roll or press each half into a 12x3 inch rectangle.
- ☐ Place them 3 inches apart onto an unprepared cookie sheet.
- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a saucepan, bring the 1/2 cup of margarine, and 1 cup of water to a rolling boil. Lower heat and stir in the flour immediately with a wooden spoon. Continue to stir vigorously until the dough forms a tight ball.
- ☐ Remove from heat. Stir in eggs one at a time, then stir in the almond extract.
- ☐ Spread equally onto both rectangles.
- ☐ Bake for 10 minutes before lowering the oven temperature to 325 degrees F (165 degrees C). Continue to cook for 15 to 20 more minutes. The top should be crispy and brown.
- ☐ To make the glaze, beat the confectioners' sugar together with the melted butter and vanilla until smooth.
- ☐ Spread over the almond puff when cool, and sprinkle with sliced almonds.
- ☐ Cut into strips and serve.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:6.94, Inflammation Score:-2, Nutrition Score:4.5300000439519%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 184.56kcal (9.23%), Fat: 5.94g (9.15%), Saturated Fat: 2.05g (12.79%), Carbohydrates: 28.74g (9.58%), Net Carbohydrates: 27.83g (10.12%), Sugar: 18.04g (20.04%), Cholesterol: 55.12mg (18.37%), Sodium: 38.69mg (1.68%), Alcohol: 0.41g (100%), Alcohol %: 0.69% (100%), Protein: 3.95g (7.91%), Selenium: 8.61µg (12.31%), Vitamin B2: 0.18mg (10.59%), Manganese: 0.2mg (9.88%), Vitamin E: 1.39mg (9.26%), Folate: 31.19µg (7.8%), Vitamin B1: 0.11mg (7.54%), Phosphorus: 62.51mg (6.25%), Iron: 0.99mg (5.52%), Vitamin B3: 0.92mg (4.6%), Magnesium: 17.19mg (4.3%), Copper: 0.08mg (4.04%), Fiber: 0.91g (3.65%), Vitamin A: 141.3IU (2.83%), Vitamin B5: 0.28mg (2.82%), Zinc: 0.41mg (2.73%), Calcium: 23.33mg (2.33%), Vitamin B12: 0.12µg (2.04%), Potassium: 68.12mg (1.95%), Vitamin D: 0.26µg (1.76%), Vitamin B6: 0.03mg (1.73%)