

Almond Puff Loaf

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 1 cup butter divided
- ☐ 3 large eggs at room temperature
- ☐ 2 cups flour all-purpose divided
- ☐ 10 ounce jam seedless melted (we used blackberry jam)
- ☐ 2 tablespoons milk
- ☐ 1 cup powdered sugar
- ☐ 0.5 teaspoon vanilla

☐ 1.3 cups water divided

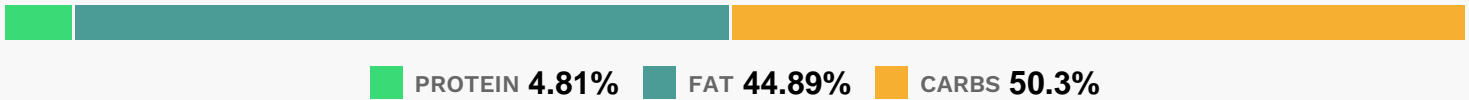
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 350
- ☐ Cut 1/2 cup butter into 1 cup flour until crumbly; stir in 1/4 cup cold water. Form dough into a ball, and divide in half. On a greased baking sheet, pat each half into a 3- x 11-inch rectangle, spacing 4 inches apart.
- ☐ Pour 1 cup water into a saucepan; bring to a boil.
- ☐ Remove from heat.
- ☐ Add 1/2 cup butter, stirring until butter melts completely.
- ☐ Add 1 cup flour, stirring vigorously until thick.
- ☐ Add eggs, 1 at a time, and beat well after each addition. Beat in almond extract. Drop mixture in heaping tablespoonfuls on top of each rectangle, covering top and sides.
- ☐ Bake at 350 for 1 hour or until golden brown.
- ☐ Remove from oven, and immediately brush with jam. Stir together powdered sugar, vanilla, and milk to make a thin frosting. When puffs cool, drizzle with frosting.
- ☐ Sprinkle with chopped nuts, if desired.

Nutrition Facts



Properties

Glycemic Index:10.9, Glycemic Load:12.22, Inflammation Score:-3, Nutrition Score:3.1882608636566%

Nutrients (% of daily need)

Calories: 202.11kcal (10.11%), Fat: 10.1g (15.54%), Saturated Fat: 6.12g (38.23%), Carbohydrates: 25.46g (8.49%), Net Carbohydrates: 24.97g (9.08%), Sugar: 12.92g (14.36%), Cholesterol: 52.48mg (17.49%), Sodium: 89.87mg (3.91%), Alcohol: 0.1g (100%), Alcohol %: 0.19% (100%), Protein: 2.43g (4.87%), Selenium: 7µg (10%), Folate: 28.3µg (7.07%), Vitamin B1: 0.1mg (6.99%), Vitamin B2: 0.11mg (6.71%), Vitamin A: 326.57IU (6.53%), Manganese: 0.09mg (4.7%), Iron: 0.79mg (4.37%), Vitamin B3: 0.76mg (3.78%), Phosphorus: 35.3mg (3.53%), Vitamin E: 0.37mg (2.45%), Copper: 0.04mg (2.03%), Fiber: 0.49g (1.97%), Vitamin B5: 0.19mg (1.91%), Vitamin B12: 0.09µg (1.57%), Vitamin C: 1.25mg (1.51%), Zinc: 0.21mg (1.41%), Calcium: 14.02mg (1.4%), Magnesium: 4.81mg (1.2%), Potassium: 40.18mg (1.15%), Vitamin B6: 0.02mg (1.12%), Vitamin D: 0.17µg (1.11%)