

Almond Raspberry Diamonds

 Vegetarian

READY IN



60 min.

SERVINGS



16

CALORIES



209 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon almond extract
- 0.5 cup almonds toasted sliced
- 0.5 cup butter
- 2 eggs
- 1 cup flour all-purpose
- 0.5 cup raspberry jam seedless warmed
- 0.5 teaspoon salt
- 0.5 cup sugar

10 ounces vanilla white divided

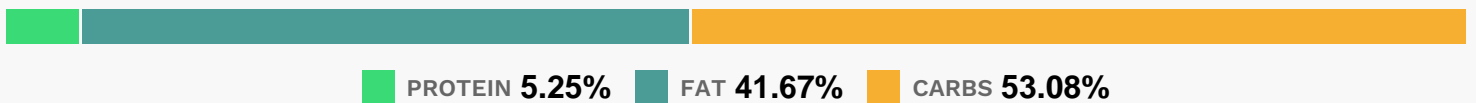
Equipment

- bowl
- sauce pan
- oven
- wire rack
- baking pan
- toothpicks

Directions

- In a saucepan, melt butter over low heat.
- Remove from heat and add 1 cup chips.
- Let stand, without stirring, to soften chips.
- In a bowl, beat eggs until foamy.
- Add sugar; beat until thickened and lemon colored. Beat in chip mixture and extract.
- Combine flour and salt; gradually add to creamed mixture.
- Spread half of the batter into a greased 9-in. square baking pan.
- Bake at 325° for 17–20 minutes or until golden brown.
- Spread raspberry jam over warm crust. Stir remaining vanilla chips into the remaining batter. Spoon over raspberry layer.
- Sprinkle with almonds.
- Bake for 20–23 minutes or until toothpick comes out clean. Cool on a wire rack before cutting.

Nutrition Facts



Properties

Glycemic Index:16.26, Glycemic Load:12.67, Inflammation Score:-2, Nutrition Score:3.241739169411%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg 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: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg 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: 208.8kcal (10.44%), Fat: 7.83g (12.04%), Saturated Fat: 3.94g (24.64%), Carbohydrates: 22.43g (7.48%), Net Carbohydrates: 21.74g (7.91%), Sugar: 13.82g (15.35%), Cholesterol: 35.71mg (11.9%), Sodium: 131.35mg (5.71%), Alcohol: 6.14g (100%), Alcohol %: 13.37% (100%), Protein: 2.22g (4.44%), Manganese: 0.17mg (8.31%), Vitamin B2: 0.13mg (7.36%), Selenium: 4.78µg (6.82%), Vitamin E: 0.98mg (6.51%), Vitamin B1: 0.07mg (4.9%), Folate: 19.53µg (4.88%), Vitamin A: 207IU (4.14%), Phosphorus: 37.95mg (3.79%), Iron: 0.64mg (3.58%), Copper: 0.07mg (3.44%), Vitamin B3: 0.65mg (3.26%), Magnesium: 12.85mg (3.21%), Fiber: 0.69g (2.75%), Potassium: 73.46mg (2.1%), Calcium: 17.88mg (1.79%), Zinc: 0.25mg (1.66%), Vitamin B5: 0.15mg (1.48%), Vitamin B6: 0.02mg (1.19%), Vitamin C: 0.94mg (1.13%), Vitamin B12: 0.06µg (1.02%)