

Almond Squares II

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon almond extract
- 0.5 cup almond paste
- 2.5 ounces almonds sliced
- 1 cup butter
- 1 eggs
- 2 cups flour all-purpose
- 0.8 cup sugar white

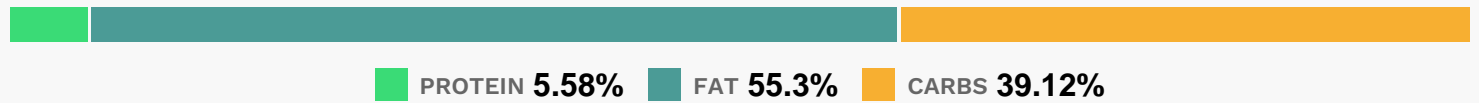
Equipment

- oven
- mixing bowl
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cream butter in a large mixing bowl; gradually add sugar, beating until light and fluffy.
- Add egg yolk (reserve egg white), almond paste, and flavoring; beat until well blended. Stir in flour.
- Spread mixture in a 13 x 9 x 2 inch baking pan. Beat egg white (at room temperature) until foamy; brush over entire surface of dough, and sprinkle with almonds.
- Bake for 35 minutes or until lightly browned. Cool thoroughly, and cut into 2 inch squares. Store in airtight containers.

Nutrition Facts



Properties

Glycemic Index:8.55, Glycemic Load:10.14, Inflammation Score:-3, Nutrition Score:3.5965217375399%

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: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg 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 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: 171.65kcal (8.58%), Fat: 10.75g (16.54%), Saturated Fat: 5.17g (32.32%), Carbohydrates: 17.11g (5.7%), Net Carbohydrates: 16.23g (5.9%), Sugar: 8.14g (9.04%), Cholesterol: 27.16mg (9.05%), Sodium: 64.16mg (2.79%), Alcohol: 0.06g (100%), Alcohol %: 0.2% (100%), Protein: 2.44g (4.88%), Vitamin E: 1.64mg (10.93%), Manganese: 0.18mg (9.01%), Vitamin B2: 0.12mg (6.92%), Selenium: 4.55µg (6.49%), Folate: 24.96µg (6.24%), Vitamin B1: 0.09mg (6.2%), Vitamin A: 246.29IU (4.93%), Phosphorus: 43.57mg (4.36%), Magnesium: 16.84mg (4.21%), Vitamin

B3: 0.8mg (3.98%), Iron: 0.71mg (3.92%), Fiber: 0.88g (3.51%), Copper: 0.07mg (3.44%), Calcium: 21.02mg (2.1%),
Zinc: 0.27mg (1.79%), Potassium: 52.81mg (1.51%), Vitamin B5: 0.1mg (1.03%)