

Apple Tea Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



56

CALORIES



51 kcal

DESSERT

Ingredients

- ☐ 14 ounces almond paste pure (marzipan)
- ☐ 2 large apples cored peeled chopped (preferably Braeburn or Golden Delicious)
- ☐ 3 tablespoons butter
- ☐ 4 teaspoons powdered sugar
- ☐ 1 egg whites
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon fruit pure
- ☐ 2 tablespoons butter light

☐ 3 eggs whole

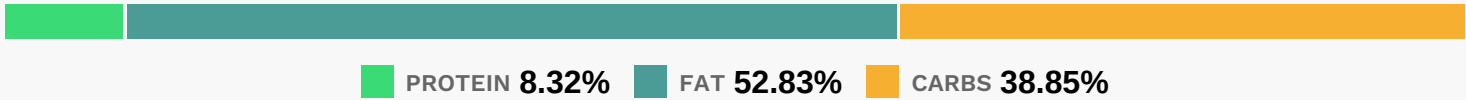
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Heat oven to 350°F.
- ☐ Place butters in a bowl and microwave until melted, 30 to 45 seconds.
- ☐ Let cool 10 to 15 minutes. Arrange petit four cups on a large baking sheet.
- ☐ Combine almond paste and spreadable fruit in an electric mixer fitted with the paddle attachment and beat at medium speed until smooth, about 30 seconds. Scrape inside of bowl to incorporate all ingredients. Beat in eggs and egg white one at a time. Beat in flour at low speed until just combined, about 30 seconds.
- ☐ Add butter and beat until blended, about 30 seconds.
- ☐ Pour batter into a 1-gallon plastic resealable bag. Force air from bag and seal. Snip 1/4-inch piece off one of the lower corners and pipe batter into cups, filling them three quarters full.
- ☐ Place a few apple cubes on top of each cup. Sift sugar over cakes.
- ☐ Bake until light golden, 26 minutes.
- ☐ Let cool. Store in an airtight container at room temperature for up to 1 week.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:2.8, Glycemic Load:0.6, Inflammation Score:-1, Nutrition Score:1.5399999981341%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 50.86kcal (2.54%), Fat: 3.09g (4.76%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 4.56g (1.66%), Sugar: 3.58g (3.98%), Cholesterol: 10.91mg (3.64%), Sodium: 9.98mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.19%), Vitamin E: 1.02mg (6.81%), Manganese: 0.07mg (3.4%), Vitamin B2: 0.05mg (2.82%), Magnesium: 10.13mg (2.53%), Phosphorus: 24.89mg (2.49%), Fiber: 0.55g (2.2%), Selenium: 1.33µg (1.9%), Folate: 7.6µg (1.9%), Copper: 0.04mg (1.86%), Calcium: 14.54mg (1.45%), Iron: 0.2mg (1.09%), Potassium: 36.27mg (1.04%)