



Banket

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



1205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon almond extract
- 1.5 cups almond paste
- 1 cup butter
- 1 egg white beaten
- 2 eggs
- 2 cups flour all-purpose
- 1 pinch salt
- 0.5 cup water

0.8 cup sugar white

Equipment

bowl

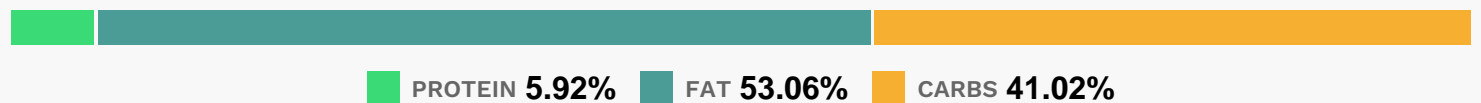
baking sheet

oven

Directions

- In a large bowl, cut cold butter or margarine into flour until the mixture has a crumb-like texture. Make a well in the center, add cold water.
- Mix together until the mixture forms a ball. Do not overmix. Chill dough.
- Preheat oven to 450 degrees F (225 degrees C). Grease cookie sheets.
- In a medium bowl, blend together almond paste, eggs, 3/4 cup sugar, almond extract and salt.
- Divide dough in 4 parts, and roll into 15 inch strips.
- Place filling along the center of each long strip of dough.
- Roll up, and pinch the ends to seal.
- Place strips 2 inches apart on cookie sheet.
- Brush with egg white, and sprinkle with the remaining sugar.
- Bake for 15 to 20 minutes, or until golden.

Nutrition Facts



Properties

Glycemic Index:48.77, Glycemic Load:60.7, Inflammation Score:-9, Nutrition Score:25.730869722431%

Nutrients (% of daily need)

Calories: 1204.73kcal (60.24%), Fat: 72.44g (111.45%), Saturated Fat: 32.19g (201.21%), Carbohydrates: 126.01g (42%), Net Carbohydrates: 120.24g (43.72%), Sugar: 68.61g (76.23%), Cholesterol: 203.85mg (67.95%), Sodium: 429.07mg (18.66%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Protein: 18.19g (36.38%), Vitamin E: 13.08mg (87.18%), Manganese: 1.16mg (58.2%), Vitamin B2: 0.82mg (48.31%), Selenium: 33.81µg (48.3%), Folate: 188.86µg

(47.21%), Vitamin B1: 0.57mg (38.16%), Phosphorus: 345.44mg (34.54%), Magnesium: 129.34mg (32.33%), Vitamin A: 1536.98IU (30.74%), Iron: 4.68mg (26.02%), Copper: 0.5mg (25.08%), Vitamin B3: 4.95mg (24.74%), Fiber: 5.77g (23.09%), Calcium: 183.55mg (18.36%), Zinc: 2.04mg (13.61%), Potassium: 391.49mg (11.19%), Vitamin B5: 0.78mg (7.84%), Vitamin B12: 0.3µg (4.98%), Vitamin B6: 0.1mg (4.88%), Vitamin K: 4.23µg (4.02%), Vitamin D: 0.44µg (2.93%)