



 **11%**
HEALTH SCORE

Braid sweet citrus flavored licorice

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



769 kcal

SIDE DISH

Ingredients

- 50 milliliters cup heavy whipping cream fresh
- 2 tablespoons muscovado sugar
- 1 optional: lemon
- 1 lime
- 1 cranberry-orange relish
- 1 box puff pastry thick
- 20 pieces frangelico for
- 20 pieces frangelico for

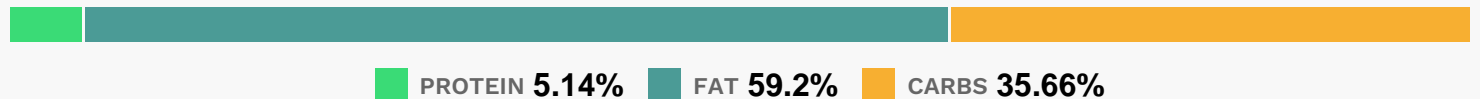
Equipment

- baking paper
- oven
- knife
- wire rack

Directions

- Roll out the puff pastry with a sharp knife and etch designs of strips about 10 cm high and 1 cm wide. Gently twist each strip on itself and obtained adagiale spaced on a sheet of parchment paper. Cuocile in an oven preheated to 200C for 12 minutes or until golden brown and then let them cool on a wire rack. Meanwhile, washes, dries and gets the subtle citrus zest and keep aside. Lime juice, half orange and half lemon juice, boil until a couple of tablespoons.
- Remove from heat and add the cream and brown sugar, mixing well.
- Let the glaze cool until it thickens.
- Brush braids with the icing and spolverale with citrus peel kept aside, please do so on a wire rack, let it dry as long as the icing does not harden.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:32.08, Inflammation Score:-6, Nutrition Score:15.047826086957%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 23.66mg, Hesperetin: 23.66mg, Hesperetin: 23.66mg, Hesperetin: 23.66mg Naringenin: 5.74mg, Naringenin: 5.74mg, Naringenin: 5.74mg, Naringenin: 5.74mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 768.78kcal (38.44%), Fat: 51.37g (79.02%), Saturated Fat: 14.72g (92.02%), Carbohydrates: 69.63g (23.21%), Net Carbohydrates: 65.78g (23.92%), Sugar: 11.11g (12.35%), Cholesterol: 14.21mg (4.74%), Sodium:

310.98mg (13.52%), Protein: 10.03g (20.06%), Vitamin C: 36.68mg (44.46%), Selenium: 30.43µg (43.48%), Vitamin B1: 0.53mg (35.63%), Manganese: 0.62mg (30.97%), Folate: 110.25µg (27.56%), Vitamin B3: 5.27mg (26.37%), Vitamin B2: 0.39mg (23.07%), Iron: 3.49mg (19.37%), Vitamin K: 20.23µg (19.26%), Fiber: 3.85g (15.39%), Phosphorus: 92.95mg (9.3%), Copper: 0.18mg (8.97%), Magnesium: 27.46mg (6.87%), Vitamin E: 0.91mg (6.09%), Potassium: 208.27mg (5.95%), Vitamin A: 274.07IU (5.48%), Calcium: 51.18mg (5.12%), Zinc: 0.74mg (4.93%), Vitamin B6: 0.08mg (4.05%), Vitamin B5: 0.21mg (2.1%), Vitamin D: 0.2µg (1.34%)