



Buttery Almond Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



327 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon almond extract pure
- ☐ 6.5 ounces blanched almonds and whole
- ☐ 1 stick plus 2 tablespoons butter unsalted
- ☐ 1.8 cups confectioners' sugar
- ☐ 5 large egg whites
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup pinenuts
- ☐ 12 servings salt

☐ 12 servings strawberry compote

Equipment

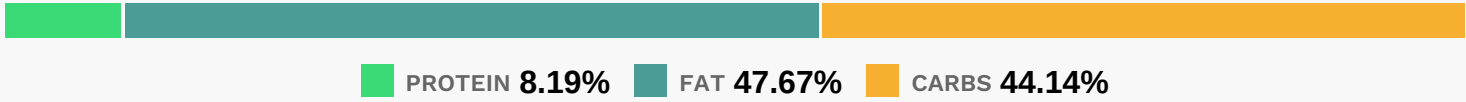
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 450
- ☐ Generously butter a 12-cup mini-muffin pan (1/4 -cup size). In a medium saucepan, cook the butter over low heat until fragrant and browned, about 8 minutes; let cool completely.
- ☐ Spread the almonds on a baking sheet and toast in the oven for about 5 minutes, or until light brown; transfer to a plate and let cool completely.
- ☐ In a mini-processor, finely grind the almonds; watch carefully so they don't form a paste. Pass the ground almonds through a coarse sieve to remove any large pieces and to fluff them up. Return the almonds to the sieve, add the confectioners' sugar, flour and 1/4 teaspoon of salt and sift together into a large bowl.
- ☐ In another large stainless steel bowl, whip the egg whites with a pinch of salt until they hold very soft peaks. Stir the butter and almond extract into the almond mixture, then fold in the egg whites until just combined.
- ☐ Spoon the batter into the muffin cups, filling each two-thirds of the way; sprinkle with the pine nuts.
- ☐ Bake for 8 minutes. Reduce the oven temperature to 400 and bake for 8 minutes longer, or until the centers of the cakes have risen to form points and spring back when touched. Run a small knife around the cakes and remove them from the pan while still hot.

- ☐ Let cool completely on a rack.
- ☐ Serve with the Strawberry Compote.
- ☐ Make Ahead: The cakes can be stored in an airtight container for up to 1 day.
- ☐ Serve With: Strawberry Compote

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:7.59, Inflammation Score:-7, Nutrition Score:15.595652257619%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 326.91kcal (16.35%), Fat: 18.16g (27.93%), Saturated Fat: 5.62g (35.12%), Carbohydrates: 37.83g (12.61%), Net Carbohydrates: 33.12g (12.04%), Sugar: 25.1g (27.89%), Cholesterol: 20.25mg (6.75%), Sodium: 282.09mg (12.26%), Alcohol: 0.01g (100%), Alcohol %: 0.01% (100%), Protein: 7.02g (14.04%), Vitamin C: 84.69mg (102.66%), Manganese: 1.14mg (57.06%), Vitamin E: 4.55mg (30.33%), Fiber: 4.72g (18.86%), Magnesium: 70.36mg (17.59%), Vitamin B2: 0.25mg (14.87%), Folate: 58.17µg (14.54%), Copper: 0.28mg (13.99%), Phosphorus: 137.36mg (13.74%), Potassium: 371.79mg (10.62%), Selenium: 6.69µg (9.55%), Iron: 1.64mg (9.1%), Vitamin B1: 0.14mg (9.1%), Vitamin B3: 1.7mg (8.48%), Calcium: 64.42mg (6.44%), Zinc: 0.91mg (6.06%), Vitamin K: 5.37µg (5.11%), Vitamin A: 254.49IU (5.09%), Vitamin B6: 0.09mg (4.62%), Vitamin B5: 0.31mg (3.08%)