



Catalan Turrón (Nougat)

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 lb almonds peeled (keep warm)
- 3 egg whites beaten
- 3 oz hazelnuts peeled (keep warm)
- 1.5 cups honey

Equipment

- frying pan
- sauce pan
- wax paper

Directions

- Heat honey in heavy saucepan on medium heat, stirring constantly until honey comes to boil.
- Remove from heat. Cool 1 minute.
- Stir in egg whites; return saucepan to heat. Cook until mixture reaches toffee-like consistency (hardball stage).
- Add nuts; mix well.
- Spread mixture into 15x10x1-inch pan lined with parchment or wax paper. Cover with second sheet of parchment or wax paper. Weight the top evenly.
- Let cool.
- Cut into 1-1/4-inch squares.

Nutrition Facts

 **PROTEIN 7.79%**  **FAT 40.08%**  **CARBS 52.13%**

Properties

Glycemic Index:4.29, Glycemic Load:12.3, Inflammation Score:-2, Nutrition Score:6.037826018327%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 191.11kcal (9.56%), Fat: 9.17g (14.11%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 26.83g (8.94%), Net Carbohydrates: 24.74g (8.99%), Sugar: 23.98g (26.65%), Cholesterol: 0mg (0%), Sodium: 9.56mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.02%), Manganese: 0.6mg (30.14%), Vitamin E: 3.93mg (26.23%), Copper: 0.22mg (11.12%), Magnesium: 42.84mg (10.71%), Vitamin B2: 0.18mg (10.69%), Fiber: 2.09g (8.36%), Phosphorus: 76.19mg (7.62%), Iron: 0.81mg (4.51%), Potassium: 147.33mg (4.21%), Calcium: 41.32mg (4.13%), Zinc:

0.57mg (3.82%), Vitamin B1: 0.06mg (3.76%), Folate: 11.65µg (2.91%), Vitamin B3: 0.58mg (2.9%), Selenium: 1.86µg (2.65%), Vitamin B6: 0.05mg (2.54%), Vitamin B5: 0.13mg (1.31%)