



Chocolate & almond croissants

READY IN



10 min.

SERVINGS



6

CALORIES



401 kcal

SIDE DISH

Ingredients

- ☐ 6 croissants
- ☐ 100 g marzipan
- ☐ 50 g almonds toasted sliced
- ☐ 50 g chocolate chopped

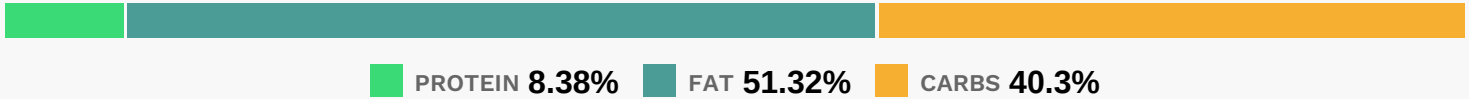
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Slice into each croissant lengthways, but dont go all the way through they should open like books.
- ☐ Sprinkle or spread the bottom half of each with marzipan, followed by 1 tsp almonds and 1 tbsp chocolate.
- ☐ Close up, put on a baking sheet and sprinkle the remaining chocolate and almonds on top.
- ☐ Bake for 5 mins or until the chocolate has melted.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:19.93, Glycemic Load:18.52, Inflammation Score:-6, Nutrition Score:11.041739231218%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 401.42kcal (20.07%), Fat: 23.4g (35.99%), Saturated Fat: 9.01g (56.31%), Carbohydrates: 41.34g (13.78%), Net Carbohydrates: 37.86g (13.77%), Sugar: 17.76g (19.73%), Cholesterol: 38.19mg (12.73%), Sodium: 225.8mg (9.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.5mg (1.83%), Protein: 8.6g (17.2%), Manganese: 0.67mg (33.48%), Vitamin E: 4.63mg (30.89%), Selenium: 13.68µg (19.54%), Vitamin B2: 0.31mg (18.28%), Vitamin B1: 0.26mg (17.22%), Magnesium: 64.37mg (16.09%), Folate: 64.08µg (16.02%), Phosphorus: 152.18mg (15.22%), Fiber: 3.48g (13.93%), Copper: 0.25mg (12.71%), Iron: 2.01mg (11.18%), Vitamin B3: 2.18mg (10.89%), Vitamin A: 426.25IU (8.52%), Zinc: 1.06mg (7.08%), Vitamin B5: 0.59mg (5.86%), Potassium: 197.51mg (5.64%), Calcium: 55.34mg (5.53%), Vitamin B6: 0.05mg (2.74%), Vitamin B12: 0.09µg (1.52%), Vitamin K: 1.55µg (1.48%)