



Chocolate-Almond Croissants

READY IN



45 min.

SERVINGS



4

CALORIES



404 kcal

SIDE DISH

Ingredients

- ☐ 2.5 ounces almond paste
- ☐ 1 oz bittersweet chocolate coarsely chopped
- ☐ 2 tablespoons butter melted
- ☐ 4 croissants fresh

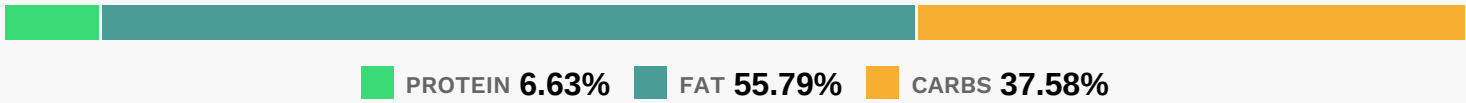
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Coarsely shred 2 1/2 ounces almond paste to make about 1/2 cup. In a bowl, stir almond paste and 2 tablespoons melted butter to form a soft paste. Slice open 4 fresh croissants.
- ☐ Spread almond paste mixture equally on cut sides of bottom halves, then sprinkle 1/4 cup (1 oz.) coarsely chopped semisweet or bittersweet chocolate equally over almond paste. Replace tops. Set croissants on a baking sheet and bake in a 350 oven until chocolate starts to melt, 5 to 7 minutes.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:16.5, Inflammation Score:-6, Nutrition Score:9.1939130619816%

Nutrients (% of daily need)

Calories: 403.8kcal (20.19%), Fat: 25.27g (38.88%), Saturated Fat: 12.29g (76.84%), Carbohydrates: 38.29g (12.76%), Net Carbohydrates: 35.4g (12.87%), Sugar: 15.46g (17.18%), Cholesterol: 53.67mg (17.89%), Sodium: 266.19mg (11.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.1mg (2.03%), Protein: 6.76g (13.52%), Manganese: 0.43mg (21.68%), Vitamin E: 3.08mg (20.5%), Selenium: 14.35µg (20.5%), Vitamin B1: 0.24mg (15.89%), Folate: 63.3µg (15.83%), Vitamin B2: 0.22mg (12.74%), Phosphorus: 125.67mg (12.57%), Vitamin A: 602.55IU (12.05%), Fiber: 2.9g (11.6%), Magnesium: 44.77mg (11.19%), Copper: 0.21mg (10.72%), Iron: 1.89mg (10.5%), Vitamin B3: 1.56mg (7.81%), Zinc: 0.88mg (5.89%), Calcium: 57.64mg (5.76%), Vitamin B5: 0.54mg (5.4%), Potassium: 164.76mg (4.71%), Vitamin B6: 0.04mg (2.1%), Vitamin B12: 0.12µg (1.93%), Vitamin K: 2.03µg (1.93%)