



Citrus burst syllabub with almond heart cookies



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



715 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 orange juice grated
- ☐ 0.5 juice of lemon grated
- ☐ 1 tbsp orange liqueur (we used Grand Marnier)
- ☐ 1 tbsp brown sugar
- ☐ 150 ml double cream
- ☐ 50 g butter
- ☐ 50 g brown sugar

- ☐ 3 drops vanilla extract
- ☐ 1 pinch lemon zest
- ☐ 2 tbsp almond flour
- ☐ 1 eggs beaten
- ☐ 2 tbsp almonds flaked

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ wooden spoon
- ☐ cookie cutter

Directions

- ☐ First, make the cookies. With a wooden spoon, beat together the butter and sugar in a bowl until pale. Stir in the flour, vanilla, lemon zest, ground almonds and egg. Using your hands, bring together into a dough. Shape into a disc. Wrap in baking parchment and chill for 1 hr.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ On a floured surface, roll out the dough to approx 3mm thick. Using a cookie cutter, cut out approx 12 hearts (or rounds) and carefully put on a non-stick baking sheet.
- ☐ Brush lightly with a little beaten egg and gently press in some flaked almonds. Pop in the freezer for 10 mins, then bake for 12-15 mins until just golden and cooked through. Cool on a wire rack. Cookies will keep for a few days in an airtight container.
- ☐ For the syllabub base, put the orange and lemon juices, grated zests and liqueur in a bowl.
- ☐ Add the sugar and stir to dissolve. Can be done in the morning.
- ☐ Just before serving, add the cream to the base and whip until soft peaks form.
- ☐ Serve topped with the orange segments and pared orange zest, with the cookies.

Nutrition Facts



 **PROTEIN 4.93%**  **FAT 72.39%**  **CARBS 22.68%**

Properties

Glycemic Index:56, Glycemic Load:0.89, Inflammation Score:-8, Nutrition Score:10.843478088794%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 714.65kcal (35.73%), Fat: 58.13g (89.43%), Saturated Fat: 31.53g (197.07%), Carbohydrates: 40.96g (13.65%), Net Carbohydrates: 38.87g (14.13%), Sugar: 36.95g (41.06%), Cholesterol: 220.85mg (73.62%), Sodium: 222.01mg (9.65%), Alcohol: 2g (100%), Alcohol %: 1.26% (100%), Protein: 8.91g (17.83%), Vitamin A: 1883.43IU (37.67%), Vitamin E: 4.08mg (27.22%), Vitamin B2: 0.37mg (21.88%), Phosphorus: 146.33mg (14.63%), Selenium: 10.1µg (14.43%), Vitamin C: 11.5mg (13.94%), Calcium: 138.31mg (13.83%), Manganese: 0.26mg (12.99%), Vitamin D: 1.65µg (10.98%), Magnesium: 40.63mg (10.16%), Fiber: 2.1g (8.39%), Copper: 0.15mg (7.65%), Iron: 1.37mg (7.59%), Potassium: 263.56mg (7.53%), Vitamin B5: 0.68mg (6.85%), Folate: 24.88µg (6.22%), Vitamin B12: 0.36µg (5.98%), Zinc: 0.82mg (5.49%), Vitamin B6: 0.1mg (5.07%), Vitamin B1: 0.06mg (4.1%), Vitamin K: 4.25µg (4.04%), Vitamin B3: 0.55mg (2.76%)