



## Cream Cheese Eggs

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



48

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 3 ounce cream cheese softened
- ☐ 1 drop liquid food coloring yellow
- ☐ 3 drops liquid food coloring blue
- ☐ 1 tablespoon milk
- ☐ 0.3 cup pecans toasted finely chopped
- ☐ 16 ounce powdered sugar
- ☐ 0.5 cup sugar

☐

1 teaspoon vanilla extract

## Equipment

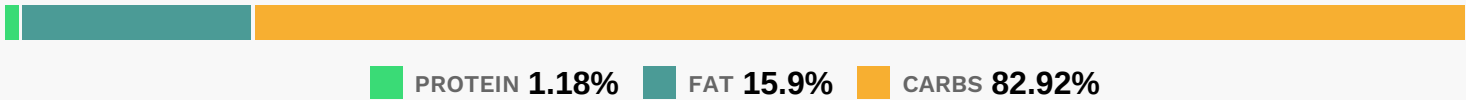
☐

hand mixer

## Directions

- ☐
- Beat first 5 ingredients at medium speed with a heavy-duty electric mixer until creamy. Gradually add 2 cups powdered sugar and milk, beating until smooth.
- ☐
- Add remaining powdered sugar; beat to form a stiff dough. Knead in pecans. Shape into 1 1/2-inch-long eggs; roll in granulated sugar.
- ☐
- Let stand at room temperature 8 hours to dry.
- ☐
- Note: Cream Cheese Eggs may be stored in the freezer.

## Nutrition Facts



## Properties

Glycemic Index:3.02, Glycemic Load:1.49, Inflammation Score:-1, Nutrition Score:0.23304348123138%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

## Nutrients (% of daily need)

Calories: 55.09kcal (2.75%), Fat: 1g (1.53%), Saturated Fat: 0.4g (2.47%), Carbohydrates: 11.71g (3.9%), Net Carbohydrates: 11.66g (4.24%), Sugar: 11.44g (12.71%), Cholesterol: 1.83mg (0.61%), Sodium: 5.9mg (0.26%), Alcohol: 0.04g (100%), Alcohol %: 0.38% (100%), Protein: 0.17g (0.33%), Manganese: 0.02mg (1.21%)