

## Danish Puff

 Dairy Free

READY IN



80 min.

SERVINGS



10

CALORIES



383 kcal

SIDE DISH

### Ingredients

- 1 cup flour all-purpose
- 0.5 cup butter softened
- 2 tablespoons water
- 0.5 cup butter
- 1 cup water
- 1 teaspoon almond extract
- 1 cup flour all-purpose
- 3 eggs

- 1.5 cups powdered sugar
- 2 tablespoons butter softened
- 0.5 teaspoon vanilla
- 1 tablespoons water
- 1 serving nuts chopped

## Equipment

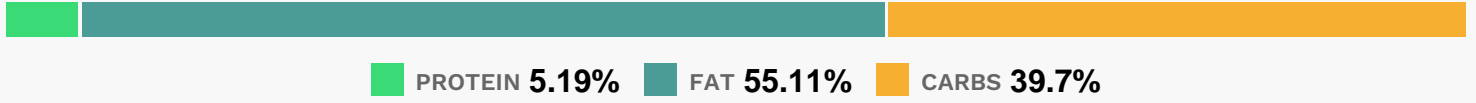
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- wire rack
- blender

## Directions

- Heat oven to 350°F.
- Place 1 cup flour in medium bowl.
- Cut in 1/2 cup softened butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of coarse crumbs.
- Sprinkle 2 tablespoons water over mixture; toss with fork.
- Gather pastry into a ball; divide in half. Pat each half into 12x3-inch rectangle, about 3 inches apart on ungreased cookie sheet.
- In 2-quart saucepan, heat 1/2 cup butter and 1 cup water to rolling boil; remove from heat. Quickly stir in almond extract and 1 cup flour. Stir vigorously over low heat about 1 minute or until mixture forms a ball; remove from heat.
- Add eggs; beat until smooth.
- Spread half of the topping over each rectangle.
- Bake about 1 hour or until topping is crisp and brown; remove from pan to cooling rack. Cool completely.

- In medium bowl, mix all glaze ingredients except nuts until smooth and spreadable.
- Spread over top of pastry; sprinkle with nuts.

## Nutrition Facts



### Properties

Glycemic Index:17.97, Glycemic Load:13.95, Inflammation Score:-6, Nutrition Score:6.463913075302%

### Nutrients (% of daily need)

Calories: 382.79kcal (19.14%), Fat: 23.57g (36.26%), Saturated Fat: 4.92g (30.73%), Carbohydrates: 38.2g (12.73%), Net Carbohydrates: 37.26g (13.55%), Sugar: 17.8g (19.77%), Cholesterol: 49.1mg (16.37%), Sodium: 261.89mg (11.39%), Alcohol: 0.21g (100%), Alcohol %: 0.23% (100%), Protein: 4.99g (9.99%), Vitamin A: 983.87IU (19.68%), Selenium: 12.64µg (18.05%), Vitamin B1: 0.21mg (14.01%), Folate: 53.71µg (13.43%), Vitamin B2: 0.2mg (11.96%), Manganese: 0.23mg (11.72%), Iron: 1.51mg (8.41%), Vitamin B3: 1.64mg (8.18%), Phosphorus: 72.09mg (7.21%), Vitamin E: 0.94mg (6.29%), Copper: 0.09mg (4.5%), Fiber: 0.94g (3.78%), Magnesium: 14.95mg (3.74%), Vitamin B5: 0.37mg (3.7%), Zinc: 0.46mg (3.1%), Vitamin B12: 0.14µg (2.38%), Vitamin B6: 0.04mg (2.24%), Calcium: 21.98mg (2.2%), Potassium: 74.83mg (2.14%), Vitamin D: 0.26µg (1.76%)