

## Danish Puff

 Dairy Free

READY IN



80 min.

SERVINGS



10

CALORIES



210 kcal

SIDE DISH

### Ingredients

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

### Equipment




- bowl

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

## Directions

- Heat oven to 350F.
- 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

 **PROTEIN 2.84%**  **FAT 78.57%**  **CARBS 18.59%**

## Properties

Glycemic Index:7.5, Glycemic Load:6.9, Inflammation Score:-5, Nutrition Score:2.783478256315%

## Nutrients (% of daily need)

Calories: 209.87kcal (10.49%), Fat: 18.4g (28.3%), Saturated Fat: 3.81g (23.81%), Carbohydrates: 9.79g (3.26%), Net Carbohydrates: 9.46g (3.44%), Sugar: 0.08g (0.09%), Cholesterol: 0mg (0%), Sodium: 215.68mg (9.38%), Alcohol: 0.14g (100%), Alcohol %: 0.28% (100%), Protein: 1.5g (2.99%), Vitamin A: 811.98IU (16.24%), Vitamin B1: 0.1mg (6.7%), Selenium: 4.24µg (6.05%), Folate: 23.1µg (5.78%), Vitamin E: 0.71mg (4.74%), Manganese: 0.09mg (4.31%), Vitamin B2: 0.07mg (4.15%), Vitamin B3: 0.74mg (3.72%), Iron: 0.58mg (3.22%), Phosphorus: 18.75mg (1.87%), Fiber: 0.34g (1.35%), Copper: 0.02mg (1.13%)