



From-the-Heart Petits Fours



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



28

CALORIES



248 kcal

DESSERT

Ingredients

- ☐ 0.3 cup plus light
- ☐ 21.5 ounce pound cakes frozen thawed cut into slices
- ☐ 1 drop liquid food coloring red
- ☐ 4 ounces marzipan
- ☐ 7 cups powdered sugar sifted
- ☐ 0.8 cup raspberry jam seedless
- ☐ 0.7 cup water
- ☐ 1.5 tablespoons water

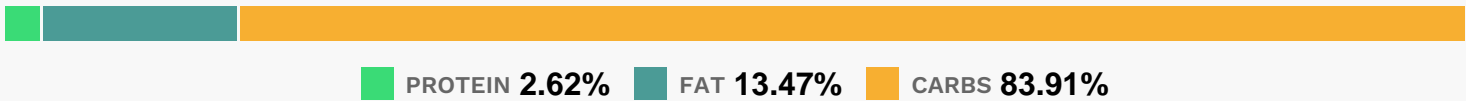
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ wire rack
- ☐ plastic wrap
- ☐ cookie cutter
- ☐ wax paper

Directions

- ☐ Cut 2 heart shapes from each cake slice, using a 1 1/2-inch heart-shaped cookie cutter.
- ☐ Reserve excess cake for another use.
- ☐ Cook jam and 1 1/2 tablespoons water in a small saucepan over medium-low heat, stirring until smooth.
- ☐ Remove from heat, and let cool slightly.
- ☐ Place cake hearts on a wire rack in a wax paper-lined 15- x 10-inch jellyroll pan.
- ☐ Brush jam mixture evenly over tops and sides of cake hearts.
- ☐ Knead marzipan gently; place between 2 sheets of plastic wrap, and roll to 1/16-inch thickness.
- ☐ Remove plastic wrap, and cut out 28 hearts, using a 1 1/2-inch heart-shaped cookie cutter.
- ☐ Place marzipan hearts over cake hearts. Cover and chill 1 hour.
- ☐ Combine powdered sugar, 1/2 cup water, and corn syrup in a large saucepan; cook, stirring constantly, over low heat until mixture is translucent.
- ☐ Add remaining water as needed, 1 tablespoon at a time, until glazing consistency. Stir in red liquid food coloring until blended.
- ☐ Spoon icing evenly over cake hearts, coating completely.

Nutrition Facts



Properties

Glycemic Index:2.64, Glycemic Load:3.84, Inflammation Score:-1, Nutrition Score:2.0656521832166%

Nutrients (% of daily need)

Calories: 247.67kcal (12.38%), Fat: 3.79g (5.82%), Saturated Fat: 0.8g (4.98%), Carbohydrates: 53.05g (17.68%), Net Carbohydrates: 52.65g (19.15%), Sugar: 45.44g (50.49%), Cholesterol: 0.44mg (0.15%), Sodium: 78.24mg (3.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.31%), Manganese: 0.11mg (5.42%), Vitamin B2: 0.08mg (4.68%), Selenium: 3.25µg (4.65%), Vitamin E: 0.52mg (3.49%), Calcium: 33.4mg (3.34%), Vitamin B1: 0.05mg (3.21%), Phosphorus: 31.69mg (3.17%), Folate: 11.7µg (2.93%), Iron: 0.47mg (2.61%), Vitamin B3: 0.48mg (2.38%), Magnesium: 8.74mg (2.19%), Copper: 0.04mg (2.17%), Fiber: 0.4g (1.58%), Potassium: 39.26mg (1.12%), Vitamin K: 1.11µg (1.06%), Zinc: 0.15mg (1.02%), Vitamin C: 0.85mg (1.02%)