



Gluten Free Danish



Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



175 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.3 cup butter room temperature
- ☐ 0.7 cup confectioners' sugar
- ☐ 2 cups pancake mix gluten-free
- ☐ 2 tablespoons milk as needed
- ☐ 0.3 cup raspberry jam
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 tablespoons sugar white

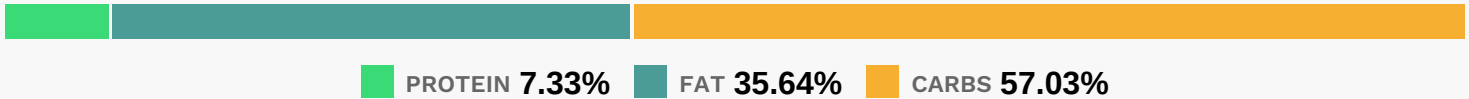
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat an oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper.
- ☐ Combine the pancake mix, butter, and sugar; mix until crumbly. Stir in 2/3 cup milk and 1/2 teaspoon almond extract and mix until fully incorporated. The dough will be sticky.
- ☐ Drop the dough by rounded tablespoons onto the baking sheet, spacing the dough about 2 inches apart. With the back of a teaspoon, make a shallow indentation in the center of each dough ball. Fill the centers with a teaspoon of jam.
- ☐ Bake in the preheated oven until lightly browned, 10 to 12 minutes. Allow the pastries to cool.
- ☐ Combine the confectioners' sugar, 3 tablespoons of milk, vanilla extract, and 1/4 teaspoon almond extract and mix until smooth.
- ☐ Drizzle the glaze over the Danish.

Nutrition Facts



Properties

Glycemic Index:17.76, Glycemic Load:4.08, Inflammation Score:-2, Nutrition Score:3.4295652094095%

Nutrients (% of daily need)

Calories: 175.41kcal (8.77%), Fat: 6.96g (10.71%), Saturated Fat: 3.28g (20.53%), Carbohydrates: 25.07g (8.36%), Net Carbohydrates: 24.25g (8.82%), Sugar: 12.11g (13.45%), Cholesterol: 38.46mg (12.82%), Sodium: 232.93mg (10.13%), Alcohol: 0.09g (100%), Alcohol %: 0.17% (100%), Protein: 3.22g (6.45%), Phosphorus: 128.44mg (12.84%), Calcium: 90.52mg (9.05%), Vitamin B2: 0.14mg (7.94%), Selenium: 4.15µg (5.93%), Vitamin B1: 0.08mg (5.47%), Vitamin A: 220.81IU (4.42%), Folate: 15.12µg (3.78%), Fiber: 0.83g (3.31%), Iron: 0.55mg (3.08%), Manganese: 0.06mg (2.95%), Vitamin B12: 0.16µg (2.59%), Potassium: 89.35mg (2.55%), Vitamin B3: 0.49mg (2.47%), Magnesium: 9.38mg (2.35%), Vitamin B6: 0.04mg (2.23%), Vitamin B5: 0.22mg (2.16%), Zinc: 0.32mg (2.1%), Copper: 0.03mg (1.32%),

Vitamin C: 0.86mg (1.04%)