



Homemade marzipan thins



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



80

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 200 g almond flour
- ☐ 200 g brown sugar
- ☐ 1 eggs beaten
- ☐ 3 drops almonds
- ☐ 175 g chocolate icing
- ☐ 2 tbsp juice of lemon
- ☐ 1 small fruit

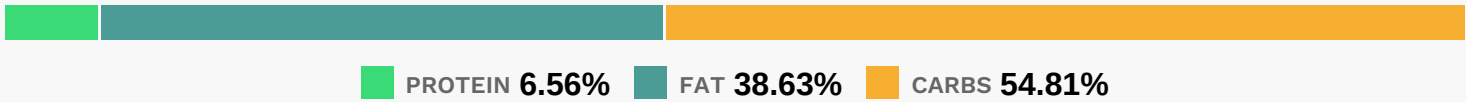
Equipment

☐ baking sheet

Directions

- ☐ Make the marzipan: mix the almonds and sugars until well combined.
- ☐ Add the egg and almond essence and mix to a stiff paste, using your hands to press the mixture together. Knead the marzipan briefly on a surface dusted with icing sugar, then roll out to a thickness of about 1cm.
- ☐ Line a baking sheet with baking parchment, then carefully set marzipan on top. Leave to set for 1 hr. Beat royal icing and lemon juice together, then spread evenly over the marzipan. Leave to dry overnight.
- ☐ Cut the iced marzipan with small cutters and press a piece of crystallised fruit into the centre of each. Pack into boxes interleaved with baking parchment.

Nutrition Facts



Properties

Glycemic Index:0.66, Glycemic Load:0.64, Inflammation Score:-1, Nutrition Score:0.33913043821635%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 37.06kcal (1.85%), Fat: 1.67g (2.57%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 5.33g (1.78%), Net Carbohydrates: 4.97g (1.81%), Sugar: 4.54g (5.04%), Cholesterol: 2.05mg (0.68%), Sodium: 5.79mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.27%), Fiber: 0.36g (1.44%)