



Honey Almond Lace Crisps

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



101 kcal

DESSERT

Ingredients

- ☐ 1.3 cups skin-on almonds sliced
- ☐ 3 tablespoons flour
- ☐ 0.3 cup local honey
- ☐ 0.5 cup powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup butter unsalted

Equipment

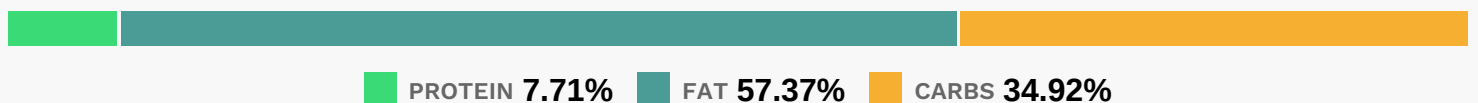
- ☐ bowl

- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ rolling pin

Directions

- ☐ Preheat oven to 35
- ☐ In a medium saucepan, melt butter with honey over medium heat.
- ☐ Add sugar and salt and whisk until well combined.
- ☐ Add flour and continue to whisk until no lumps remain.
- ☐ Transfer to a small bowl and let cool slightly, about 5 minutes.
- ☐ Line 2 flat rimmed baking sheets with parchment paper. Spoon 1 heaping tsp. honey mixture onto sheets about 4 in. apart (they will spread a lot).
- ☐ Bake until batter starts to bubble and spread, about 3 minutes.
- ☐ Sprinkle each crisp with 1 tsp. almonds. Continue to bake until dark golden brown and small holes appear throughout, 10 to 12 minutes. Keep oven on.
- ☐ Let cool on tray until starting to firm up, 2 to 3 minutes. While cookies cool, use a paring knife to separate any cookies that have melted together and to shape each into a circle. Working in batches of 3 or 4, carefully peel cookies off paper and lay over a rolling pin.
- ☐ Let cool on pin until completely crisp, about 3 minutes. If cookies firm up before you can shape them, put baking sheet back in oven to warm slightly, about 1 minute.
- ☐ Make ahead: Up to 1 day; store airtight.

Nutrition Facts



Properties

Glycemic Index:6.86, Glycemic Load:2.52, Inflammation Score:-2, Nutrition Score:3.1095652119459%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 100.74kcal (5.04%), Fat: 6.77g (10.42%), Saturated Fat: 1.8g (11.24%), Carbohydrates: 9.28g (3.09%), Net Carbohydrates: 8.12g (2.95%), Sugar: 6.81g (7.56%), Cholesterol: 6.1mg (2.03%), Sodium: 15.19mg (0.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.1%), Vitamin E: 2.35mg (15.7%), Manganese: 0.22mg (10.78%), Vitamin B2: 0.11mg (6.51%), Magnesium: 24.52mg (6.13%), Copper: 0.1mg (4.79%), Fiber: 1.16g (4.62%), Phosphorus: 45.05mg (4.51%), Calcium: 25.18mg (2.52%), Iron: 0.4mg (2.24%), Zinc: 0.3mg (1.99%), Potassium: 69.66mg (1.99%), Vitamin B3: 0.4mg (1.98%), Vitamin B1: 0.03mg (1.82%), Folate: 6.16µg (1.54%), Vitamin A: 71IU (1.42%), Selenium: 0.83µg (1.18%)