



Honey Sesame Crisps-Eggless,Sugarless & Flourless

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup almonds raw
- 0.3 cup cashew pieces raw
- 0.5 cup sesame seed white
- 2 tablespoons butter unsalted
- 4 tablespoons honey
- 0.1 teaspoon ground cardamom green
- 1 pinch salt

Equipment

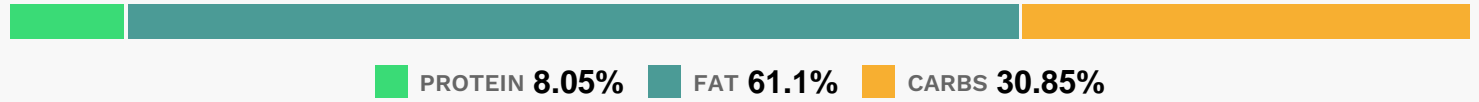
- food processor
- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- aluminum foil
- cookie cutter
- spatula

Directions

- Lightly toast the almonds and cashews in a sauce pan. Set aside to cool.
- In the same saucepan, add the sesame seeds and lightly toast them too. Set aside.
- Tip in the roasted almonds and cashews in the food processor with the metal blade and process to make a crumbly powder. The flour you get should not be too chunky or too fine.
- In a medium bowl, tip in the almond-cashew powder, sesame seeds, salt and cardamom powder.
- Combine well and let it sit.
- In a sauce pan, let the butter melt. When it has just about melted, add the honey, whisk the two to an emulsion. Don't cook.
- Preheat oven to 400F. Line a cookie sheet with parchment paper or silicone mats. I think aluminium foil will not work.
- Slowly add the butter-honey mix to the flour-sesame mix and start combining with a spatula. You might need little less or more honey mix if your flour is chunky or fine. The mix once done will resemble a loose cookie dough [but not runny]
- Spoon a dollop [approx 1 tbsp] of the mix on the parchment paper. Dip a fork in oil & flatten out the mix with the help of the back of the fork.

- Bake in oven for 8 -10 minutes or until the crisps are brown.You really need to keep a watchon these coz they cook really fast.
- Once done,take out of the oven and if you want, use a cookie cutter while still warm to a desired shape.
- Let the crisps cool before stacking them in air tight container.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:2.78, Inflammation Score:-2, Nutrition Score:3.5421739130435%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 84.8kcal (4.24%), Fat: 6.13g (9.43%), Saturated Fat: 1.56g (9.78%), Carbohydrates: 6.96g (2.32%), Net Carbohydrates: 5.99g (2.18%), Sugar: 4.84g (5.38%), Cholesterol: 4.01mg (1.34%), Sodium: 3.85mg (0.17%), Protein: 1.82g (3.64%), Copper: 0.28mg (13.91%), Manganese: 0.22mg (11.11%), Magnesium: 30.45mg (7.61%), Calcium: 56.81mg (5.68%), Phosphorus: 56.37mg (5.64%), Iron: 0.99mg (5.48%), Vitamin E: 0.69mg (4.57%), Zinc: 0.6mg (4.01%), Fiber: 0.97g (3.9%), Vitamin B1: 0.05mg (3.58%), Selenium: 2.31µg (3.3%), Vitamin B6: 0.05mg (2.66%), Vitamin B2: 0.04mg (2.56%), Vitamin B3: 0.34mg (1.71%), Potassium: 58.61mg (1.67%), Folate: 6.6µg (1.65%)