



## Mandel Bread

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



100

CALORIES



41 kcal

BREAD

## Ingredients

- 1 teaspoon almond extract
- 1 cup almonds divided toasted chopped
- 1 teaspoon double-acting baking powder
- 4 large eggs
- 3.5 cups flour all-purpose divided
- 0.3 teaspoon ground cinnamon
- 2 tablespoons ground cinnamon
- 0.3 teaspoon salt

- 1.3 cups sugar divided
- 2 teaspoons vanilla extract
- 1 cup vegetable oil divided

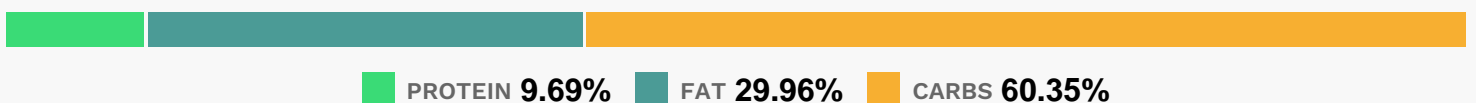
## Equipment

- baking sheet
- oven
- hand mixer

## Directions

- Beat eggs, 1 cup sugar, and salt at medium speed with an electric mixer until blended; add 1/4 cup oil, beating until blended.
- Combine 1/4 cup flour and almonds, tossing to coat.
- Combine remaining 3 1/4 cups flour, baking powder, and 1/4 teaspoon cinnamon; add to egg mixture alternately with remaining 3/4 cup oil, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Stir in extracts and toasted almond mixture.
- Divide dough into 8 portions; shape each portion into an 8- x 3-inch log on lightly greased baking sheets (4 logs may be placed crosswise on each of 2 baking sheets). Stir together remaining 1/4 cup sugar and 2 tablespoons cinnamon; sprinkle evenly over logs.
- Bake at 350 for 25 minutes or until lightly browned.
- Remove to wire racks to cool.
- Cut diagonally into 1/2-inch-thick slices.
- Lay slices flat on baking sheets.
- Bake at 350 for 8 minutes; turn slices over, and bake 5 more minutes.
- Remove to wire racks to cool.

## Nutrition Facts



## Properties

Glycemic Index:2.57, Glycemic Load:4.19, Inflammation Score:-1, Nutrition Score:1.3952173860339%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg 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: 41.32kcal (2.07%), Fat: 1.39g (2.14%), Saturated Fat: 0.19g (1.19%), Carbohydrates: 6.31g (2.1%), Net Carbohydrates: 5.93g (2.16%), Sugar: 2.6g (2.88%), Cholesterol: 7.44mg (2.48%), Sodium: 13.05mg (0.57%), Alcohol: 0.04g (100%), Alcohol %: 0.41% (100%), Protein: 1.01g (2.03%), Manganese: 0.09mg (4.61%), Selenium: 2.18µg (3.11%), Vitamin E: 0.43mg (2.86%), Vitamin B2: 0.05mg (2.81%), Vitamin B1: 0.04mg (2.54%), Folate: 9.59µg (2.4%), Iron: 0.31mg (1.73%), Phosphorus: 16.55mg (1.66%), Vitamin B3: 0.31mg (1.57%), Fiber: 0.38g (1.54%), Magnesium: 5.19mg (1.3%), Copper: 0.02mg (1.16%)