



MandelBread



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



72

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 1 cup almonds toasted chopped
- ☐ 1 teaspoon double-acting baking powder
- ☐ 4 eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup vegetable oil

☐ 1.3 cups sugar white

Equipment

☐ baking sheet

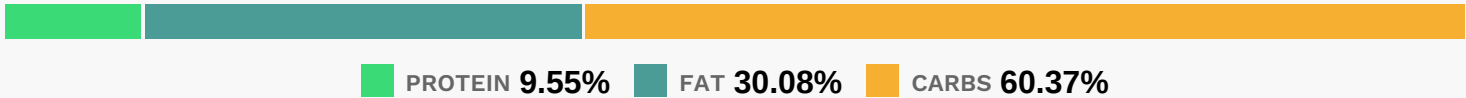
☐ oven

☐ blender

Directions

- ☐ Beat eggs and 1 cup sugar together in mixer until blended, add salt and 1/4 cup oil and mix again until blended.
- ☐ Combine 1/4 cup flour and almonds, tossing until coated.
- ☐ Add rest of flour mixture to egg mixture alternately with the remaining 3/4 cups oil, beginning and ending with the dry ingredients. Stir in extracts and almonds until well blended.
- ☐ Divide into eight portions and shape each into portions of 8 x 3 inch log shaped portions on lightly greased cookie sheets.
- ☐ Bake in a preheated 350 degrees F (175 degrees C) oven for 25 minutes or until lightly browned.
- ☐ Cut each log diagonally into 1/2 inch slices and place slices on their sides.
- ☐ Bake again at 350 degrees F (175 degrees C) for about five minutes.
- ☐ Remove to wire racks and cool. May be sprinkled with sugar before baking.

Nutrition Facts



Properties

Glycemic Index:3.43, Glycemic Load:5.81, Inflammation Score:-1, Nutrition Score:1.7682608754739%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg 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: 0.05mg,

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg 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: 56.34kcal (2.82%), Fat: 1.9g (2.92%), Saturated Fat: 0.25g (1.59%), Carbohydrates: 8.58g (2.86%), Net Carbohydrates: 8.17g (2.97%), Sugar: 3.6g (4%), Cholesterol: 9.09mg (3.03%), Sodium: 17.63mg (0.77%), Alcohol: 0.06g (100%), Alcohol %: 0.42% (100%), Protein: 1.36g (2.71%), Manganese: 0.09mg (4.4%), Selenium: 2.91µg (4.16%), Vitamin E: 0.59mg (3.92%), Vitamin B2: 0.06mg (3.8%), Vitamin B1: 0.05mg (3.52%), Folate: 13.14µg (3.29%), Iron: 0.41mg (2.26%), Phosphorus: 22.18mg (2.22%), Vitamin B3: 0.43mg (2.17%), Magnesium: 7.03mg (1.76%), Fiber: 0.41g (1.65%), Copper: 0.03mg (1.57%), Calcium: 10.95mg (1.09%), Vitamin K: 1.14µg (1.08%)