



Marzipan

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



289 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon almond extract
- 2 cups confectioners' sugar
- 2 egg whites
- 0.5 pound ground blanched almonds finely
- 0.5 teaspoon salt

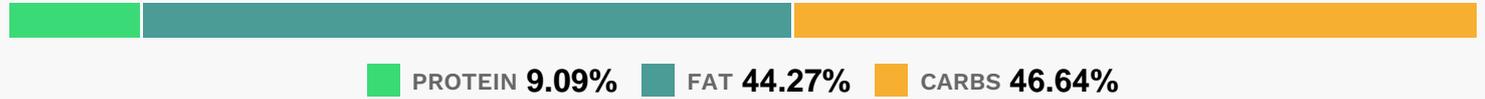
Equipment

- blender

Directions

- Blend the confectioner's sugar, finely ground almonds, egg whites, salt ,and almond extract in a blender until perfectly blended. Chill covered 24 hours to harden.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:8.1008695114566%

Nutrients (% of daily need)

Calories: 288.58kcal (14.43%), Fat: 14.9g (22.93%), Saturated Fat: 1.12g (7%), Carbohydrates: 35.32g (11.77%), Net Carbohydrates: 32.51g (11.82%), Sugar: 30.74g (34.15%), Cholesterol: 0mg (0%), Sodium: 163.8mg (7.12%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Protein: 6.88g (13.77%), Vitamin E: 6.73mg (44.89%), Manganese: 0.52mg (26.16%), Magnesium: 76.84mg (19.21%), Copper: 0.3mg (14.76%), Vitamin B2: 0.24mg (14.14%), Phosphorus: 137.5mg (13.75%), Fiber: 2.81g (11.23%), Calcium: 67.85mg (6.78%), Potassium: 200.05mg (5.72%), Zinc: 0.85mg (5.65%), Iron: 0.96mg (5.31%), Vitamin B3: 1mg (5.01%), Selenium: 2.59µg (3.7%), Vitamin B1: 0.05mg (3.63%), Folate: 14.19µg (3.55%), Vitamin B6: 0.03mg (1.65%), Vitamin B5: 0.1mg (1.03%)