

Marzipan II



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



310 kcal

SIDE DISH

Ingredients



1 cup almond paste



3 cups confectioners' sugar



2 egg whites



0.5 teaspoon vanilla

Equipment

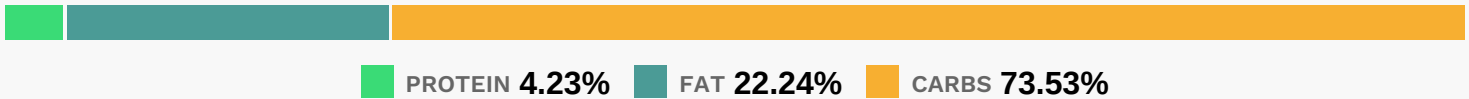


bowl

Directions

- ☐ In a large bowl, knead almond paste to soften.
- ☐ Mix in egg whites. Knead in confectioners' sugar 1 cup at a time.
- ☐ Add vanilla. Knead until marzipan feels like heavy pie dough.
- ☐ Wrap tightly in plastic, and store in refrigerator in a sealed container. To use after storage, let stand at room temperature until soft, then knead briefly.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:4.5182608721535%

Nutrients (% of daily need)

Calories: 309.63kcal (15.48%), Fat: 7.87g (12.11%), Saturated Fat: 0.75g (4.66%), Carbohydrates: 58.56g (19.52%), Net Carbohydrates: 57.2g (20.8%), Sugar: 54.37g (60.41%), Cholesterol: 0mg (0%), Sodium: 15.93mg (0.69%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Protein: 3.37g (6.74%), Vitamin E: 3.83mg (25.54%), Manganese: 0.25mg (12.3%), Magnesium: 37.74mg (9.44%), Vitamin B2: 0.16mg (9.36%), Phosphorus: 74.35mg (7.43%), Copper: 0.13mg (6.69%), Fiber: 1.36g (5.45%), Folate: 21.01µg (5.25%), Calcium: 49.81mg (4.98%), Selenium: 2.96µg (4.23%), Potassium: 102.59mg (2.93%), Zinc: 0.43mg (2.85%), Iron: 0.49mg (2.71%), Vitamin B3: 0.41mg (2.06%), Vitamin B1: 0.02mg (1.57%)