



Midsummer's Night Marzipan with Rose Petals

 Vegetarian  Gluten Free  Dairy Free

READY IN

ready

70 min.

SERVINGS

servings

4

CALORIES

calories

588 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup almond paste
- ☐ 3 cups confectioners' sugar
- ☐ 0.3 cup plus light
- ☐ 1 egg white
- ☐ 1 cup mint leaves fresh
- ☐ 2 tablespoons powdered sugar
- ☐ 0.3 cup water

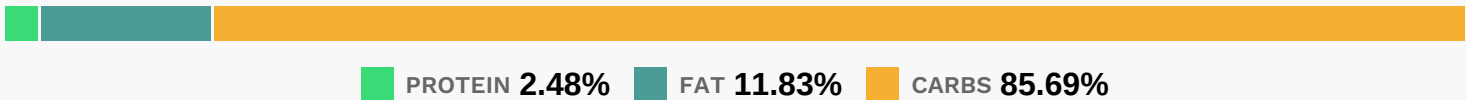
Equipment

- ☐ baking sheet
- ☐ sauce pan

Directions

- ☐ Special equipment: Food coloring in various colors of red, yellow, blue, green, mixed to create secondary colors if desired – and 3 or 4 small sterile watercolor brushes
- ☐ Knead together almond paste, egg white and confectioners' sugar.
- ☐ Mix food coloring, as desired, to make secondary colors such as purple and orange. Divide marzipan dough and color with food coloring. Mold into fruit shapes and place on a lightly oiled baking sheet. Use brushes to paint detail on "fruits."
- ☐ Let dry for 1 hour before glazing marzipan.
- ☐ For the glaze, combine water and corn syrup in a small saucepan.
- ☐ Heat to a boil, then immediately remove from heat and brush the marzipan with the glaze.
- ☐ Let dry for 30 minutes.
- ☐ Pair the rose petals with mint leaves and sprinkle with powdered sugar. Arrange marzipan around.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:4.15, Inflammation Score:-5, Nutrition Score:6.6773913185234%

Flavonoids

Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg

Nutrients (% of daily need)

Calories: 587.81kcal (29.39%), Fat: 8.04g (12.36%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 130.93g (43.64%), Net Carbohydrates: 128.67g (46.79%), Sugar: 124.08g (137.87%), Cholesterol: 0mg (0%), Sodium: 38.98mg (1.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.59%), Vitamin E: 3.83mg (25.54%), Manganese: 0.38mg (18.99%), Magnesium: 47.19mg (11.8%), Vitamin B2: 0.2mg (11.66%), Vitamin A: 477.9IU (9.56%), Fiber: 2.26g (9.05%), Copper: 0.18mg (8.86%), Folate: 33.84µg (8.46%), Phosphorus: 82.54mg (8.25%), Calcium: 81.89mg (8.19%), Iron:

1.09mg (6.04%), Selenium: 3.45µg (4.94%), Potassium: 167.5mg (4.79%), Zinc: 0.68mg (4.56%), Vitamin C: 3.61mg (4.37%), Vitamin B1: 0.05mg (3.3%), Vitamin B3: 0.6mg (3.01%), Vitamin B6: 0.03mg (1.26%)