

Praline Powder

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



151 kcal

SIDE DISH

Ingredients

- 0.5 cup blanched almonds and whole
- 0.5 cup sugar

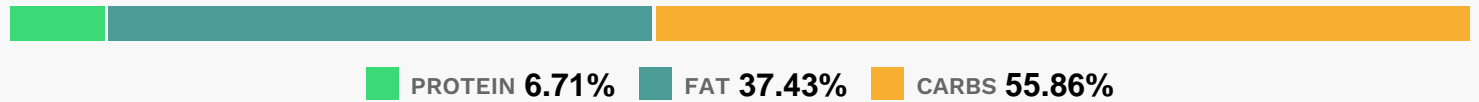
Equipment

- food processor
- sauce pan
- baking pan

Directions

- Grease a small baking pan.
- In a small heavy saucepan heat sugar over moderate heat, stirring, until melted. Cook melted sugar, swirling pan occasionally, until deep golden. Immediately stir in almonds and pour praline into prepared baking pan.
- Cool praline until hardened completely and break into large pieces. Praline may be made 1 day ahead and kept in an airtight container.
- In a food processor grind praline to fine powder. Praline powder may be made 2 days ahead and chilled in an airtight container.

Nutrition Facts



Properties

Glycemic Index:14.02, Glycemic Load:13.96, Inflammation Score:-2, Nutrition Score:3.4747826439207%

Nutrients (% of daily need)

Calories: 150.75kcal (7.54%), Fat: 6.63g (10.2%), Saturated Fat: 0.49g (3.09%), Carbohydrates: 22.25g (7.42%), Net Carbohydrates: 21.02g (7.64%), Sugar: 20.54g (22.82%), Cholesterol: 0mg (0%), Sodium: 2.58mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.35%), Vitamin E: 2.97mg (19.79%), Manganese: 0.23mg (11.51%), Magnesium: 33.5mg (8.38%), Copper: 0.13mg (6.49%), Phosphorus: 60.13mg (6.01%), Vitamin B2: 0.09mg (5.45%), Fiber: 1.24g (4.95%), Calcium: 29.7mg (2.97%), Zinc: 0.37mg (2.49%), Potassium: 82.78mg (2.37%), Iron: 0.42mg (2.33%), Vitamin B3: 0.44mg (2.19%), Vitamin B1: 0.02mg (1.59%), Folate: 6.13µg (1.53%)