



Puff Pastry Bear Claws

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



350 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 2 tablespoons almonds sliced to taste
- ☐ 1 eggs
- ☐ 2 large egg yolks
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 cup ground almonds
- ☐ 1 sheet puff pastry thawed
- ☐ 2 tablespoons caster sugar to taste

- ☐ 0.3 cup butter unsalted softened
- ☐ 1 tablespoon water

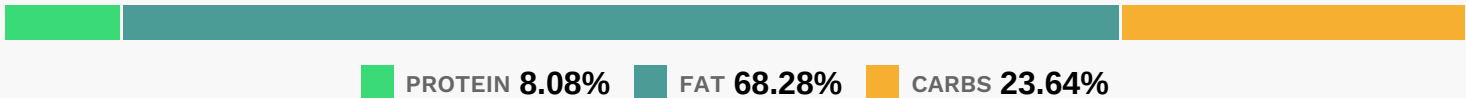
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Beat 1/3 cup superfine sugar and butter together in a bowl with an electric mixer until light and fluffy, about 5 minutes.
- ☐ Add eggs yolks and beat well; beat in almond extract. Stir ground almonds and flour into butter mixture until mixture has a thick paste-like consistency.
- ☐ Cut puff pastry into 8 equal pieces.
- ☐ Place 1 tablespoon almond mixture in the lower center of each piece. Fold top of puff pastry down over the filling and press edges together to seal. Make three 1/2-inch cuts equal lengths apart on the bottom edge to make the 'claw'.
- ☐ Transfer claws to a baking sheet.
- ☐ Whisk egg and water together in a bowl.
- ☐ Brush each bear claw with egg mixture and sprinkle with remaining 2 tablespoons superfine sugar and sliced almonds.
- ☐ Bake in the preheated oven until puffed and golden brown, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:26.39, Glycemic Load:10.11, Inflammation Score:-3, Nutrition Score:5.7339129966238%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg 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: 350.05kcal (17.5%), Fat: 27.27g (41.95%), Saturated Fat: 7.76g (48.51%), Carbohydrates: 21.24g (7.08%), Net Carbohydrates: 18.95g (6.89%), Sugar: 3.89g (4.32%), Cholesterol: 81.61mg (27.2%), Sodium: 87.07mg (3.79%), Alcohol: 0.04g (100%), Alcohol %: 0.08% (100%), Protein: 7.26g (14.52%), Selenium: 11.99µg (17.13%), Manganese: 0.22mg (10.88%), Vitamin B2: 0.17mg (10.03%), Vitamin B1: 0.14mg (9.63%), Iron: 1.66mg (9.25%), Fiber: 2.28g (9.12%), Folate: 35.71µg (8.93%), Vitamin E: 1.14mg (7.59%), Vitamin B3: 1.43mg (7.15%), Phosphorus: 60.59mg (6.06%), Vitamin A: 268.59IU (5.37%), Vitamin K: 5.48µg (5.22%), Calcium: 49.69mg (4.97%), Copper: 0.07mg (3.55%), Magnesium: 12.9mg (3.23%), Vitamin D: 0.45µg (2.97%), Zinc: 0.42mg (2.82%), Vitamin B12: 0.14µg (2.4%), Vitamin B5: 0.24mg (2.35%), Vitamin B6: 0.03mg (1.74%), Potassium: 52.18mg (1.49%)