



Raspberry Strippers

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup apricot preserves
- 0.3 teaspoon double-acting baking powder
- 2 tablespoons cornstarch
- 1 large egg whites
- 1 cup flour all-purpose
- 0.3 cup granulated sugar
- 2 teaspoons juice of lemon fresh
- 0.5 cup powdered sugar

- 0.3 teaspoon salt
- 5 tablespoons stick margarine softened
- 0.3 teaspoon vanilla extract
- 1.5 teaspoons vanilla extract

Equipment

- baking sheet
- oven
- knife
- whisk
- blender
- wooden spoon
- measuring cup
- cutting board

Directions

- Preheat oven to 37
- Beat granulated sugar and butter with a mixer at medium speed until well-blended (about 5 minutes).
- Add 1 1/2 teaspoons vanilla and egg white; beat well. Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, cornstarch, baking powder, and salt, stirring well with a whisk.
- Add flour mixture to sugar mixture, stirring until well-blended. (Dough will be stiff.)
- Turn dough out onto a lightly floured surface. Divide dough in half.
- Roll each portion into a 12-inch log.
- Place logs 3 inches apart on a baking sheet coated with cooking spray. Form a 1/2-inch-deep indentation down the length of each log using an index finger or end of a wooden spoon. Spoon preserves into the center.
- Bake at 375 for 20 minutes or until lightly browned.
- Remove logs to a cutting board.

- Combine powdered sugar, lemon juice, and almond extract; stir well with a whisk.
- Drizzle sugar mixture over warm logs. Immediately cut each log diagonally into 12 slices. (Do not separate slices.) Cool 10 minutes; separate slices.
- Transfer slices to wire racks. Cool completely.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:4.83, Inflammation Score:-1, Nutrition Score:0.99913042467897%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 73.69kcal (3.68%), Fat: 2.55g (3.92%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 12.08g (4.03%), Net Carbohydrates: 11.92g (4.33%), Sugar: 6.71g (7.46%), Cholesterol: 0mg (0%), Sodium: 61.56mg (2.68%), Alcohol: 0.1g (100%), Alcohol %: 0.65% (100%), Protein: 0.74g (1.48%), Selenium: 2.16µg (3.08%), Vitamin B1: 0.04mg (2.76%), Folate: 9.73µg (2.43%), Vitamin A: 116.95IU (2.34%), Vitamin B2: 0.04mg (2.06%), Manganese: 0.04mg (1.92%), Vitamin B3: 0.31mg (1.56%), Iron: 0.27mg (1.5%)