



Rhoda's Mandelbrot

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup almonds sliced
- 1 tablespoon double-acting baking powder
- 3 large eggs
- 3 cups flour all-purpose
- 2 teaspoons lemon rind grated
- 0.5 teaspoon salt
- 0.8 cup sugar
- 1 teaspoon vanilla extract

0.5 cup vegetable oil

Equipment

baking sheet

oven

hand mixer

serrated knife

Directions

Beat eggs at high speed with an electric mixer until foamy; gradually add sugar, beating well.

Add oil and vanilla, beating until well blended.

Combine flour and next 3 ingredients; stir into egg mixture until smooth. Stir in almonds.

Divide dough in half; shape each portion into a 10- x 3-inch log on a lightly greased baking sheet.

Bake at 350 for 50 minutes.

Cut each log crosswise into 3/4-inch-thick slices with a serrated knife.

Place slices on baking sheets.

Bake at 275 for 20 minutes.

Remove to wire racks to cool.

Nutrition Facts



PROTEIN 10.21% **FAT 21.52%** **CARBS 68.27%**

Properties

Glycemic Index:6.86, Glycemic Load:8.76, Inflammation Score:-1, Nutrition Score:2.4195651949748%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg,

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Nutrients (% of daily need)

Calories: 73.22kcal (3.66%), Fat: 1.76g (2.7%), Saturated Fat: 0.29g (1.8%), Carbohydrates: 12.53g (4.18%), Net Carbohydrates: 12.08g (4.39%), Sugar: 4.28g (4.75%), Cholesterol: 15.5mg (5.17%), Sodium: 73.83mg (3.21%), Alcohol: 0.04g (100%), Alcohol %: 0.2% (100%), Protein: 1.87g (3.75%), Selenium: 4.89µg (6.98%), Vitamin B1: 0.09mg (5.74%), Folate: 21.6µg (5.4%), Manganese: 0.1mg (5.1%), Vitamin B2: 0.09mg (5.06%), Iron: 0.64mg (3.58%), Vitamin B3: 0.67mg (3.33%), Phosphorus: 32.97mg (3.3%), Vitamin E: 0.43mg (2.85%), Calcium: 27.14mg (2.71%), Fiber: 0.45g (1.81%), Magnesium: 6.36mg (1.59%), Copper: 0.03mg (1.58%), Vitamin B5: 0.12mg (1.16%), Zinc: 0.17mg (1.12%), Vitamin K: 1.16µg (1.1%)