



Robin's Nests

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon almond extract
- 2 drops food coloring blue
- 0.5 cup brown sugar packed
- 2 tablespoons butter softened
- 2 cups powdered sugar
- 3 tablespoons plus light
- 2 eggs separated
- 2.3 cups flour all-purpose

- 1 drop drop natural food coloring green
- 1.5 teaspoons vanilla extract
- 1.5 cups walnuts finely chopped

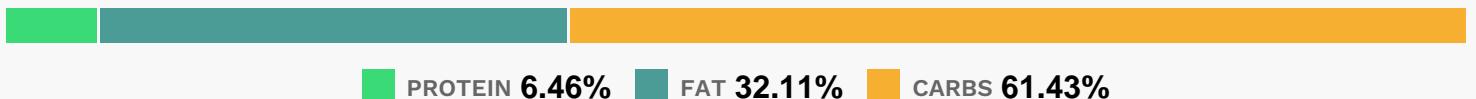
Equipment

- bowl
- baking sheet
- oven
- pie form

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, cream together the butter and brown sugar until light and fluffy. Beat in the egg yolks then stir in the vanilla. Stir in the flour and mix well.
- In a shallow dish, such as a pie pan, beat egg whites until foamy.
- Spread walnuts on a plate or waxed paper.
- Roll 1 teaspoon of dough into a ball; roll in egg whites then in walnuts.
- Place 2 inches apart on a cookie sheet. Make a depression in each ball with your thumb.
- Bake in preheated oven for 12 minutes.
- Meanwhile, cream the remaining 2 tablespoons butter with corn syrup, blue and green food coloring and almond extract. Gradually stir in confectioners' sugar.
- Roll 1/2 teaspoon of fondant mixture into egg-shaped balls.
- Place fondant eggs into hollows of baked cookies.

Nutrition Facts



Properties

Glycemic Index:4.56, Glycemic Load:4.65, Inflammation Score:-1, Nutrition Score:2.491739148679%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 112.93kcal (5.65%), Fat: 4.12g (6.34%), Saturated Fat: 0.79g (4.92%), Carbohydrates: 17.74g (5.91%), Net Carbohydrates: 17.2g (6.26%), Sugar: 11.08g (12.32%), Cholesterol: 10.77mg (3.59%), Sodium: 10.88mg (0.47%), Alcohol: 0.1g (100%), Alcohol %: 0.44% (100%), Protein: 1.87g (3.73%), Manganese: 0.22mg (11.16%), Vitamin B1: 0.08mg (5.34%), Selenium: 3.73µg (5.34%), Folate: 20.28µg (5.07%), Copper: 0.09mg (4.63%), Vitamin B2: 0.06mg (3.46%), Iron: 0.57mg (3.19%), Phosphorus: 30.47mg (3.05%), Vitamin B3: 0.52mg (2.61%), Magnesium: 10.06mg (2.51%), Fiber: 0.54g (2.15%), Vitamin B6: 0.04mg (1.76%), Zinc: 0.25mg (1.65%), Potassium: 38.04mg (1.09%), Calcium: 10.38mg (1.04%), Vitamin B5: 0.1mg (1.04%)