



Royal Eggs -- (Puebla, Mexico)



Vegetarian



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



5

CALORIES



474 kcal

SIDE DISH

Ingredients

- 2 tsp calumet baking powder
- 2 Tbsp cooking sherry dry
- 10 egg yolks
- 1 tsp ground cinnamon
- 0.5 cup raisins
- 2 cups sugar
- 1 cup water

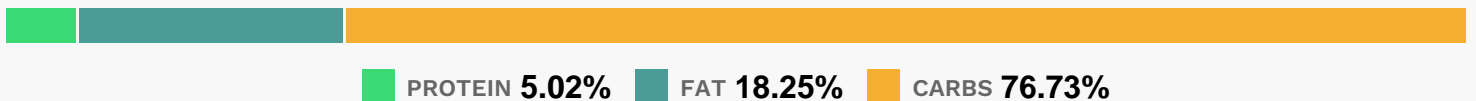
Equipment

- bowl
- sauce pan
- oven
- whisk
- baking pan
- toothpicks
- aluminum foil

Directions

- Preheat oven to 275F. Beat egg yolks in medium bowl with wire whisk until thick and lemon colored.
- Add baking powder, cinnamon and raisins; mix well.
- Pour into greased 8-inch square baking dish; cover with foil.
- Bake 45 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes.
- Bring sugar and water to boil in small heavy saucepan 10 minutes or until mixture forms a light syrup, stirring constantly.
- Remove from heat. Stir in sherry; pour over egg mixture.
- Sprinkle with additional cinnamon, if desired.
- Cut into 64 (1-inch) squares.
- Serve warm or chilled.

Nutrition Facts



Properties

Glycemic Index:48.18, Glycemic Load:62.5, Inflammation Score:-1, Nutrition Score:8.7373912476975%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 474.1kcal (23.71%), Fat: 9.88g (15.2%), Saturated Fat: 3.47g (21.66%), Carbohydrates: 93.48g (31.16%), Net Carbohydrates: 92.21g (33.53%), Sugar: 80.11g (89.01%), Cholesterol: 388.8mg (129.6%), Sodium: 236.86mg (10.3%), Alcohol: 0.62g (100%), Alcohol %: 0.42% (100%), Protein: 6.11g (12.23%), Selenium: 20.75µg (29.65%), Phosphorus: 196.51mg (19.65%), Calcium: 175.99mg (17.6%), Vitamin B2: 0.23mg (13.69%), Folate: 53.09µg (13.27%), Vitamin D: 1.94µg (12.96%), Vitamin B12: 0.7µg (11.7%), Vitamin B5: 1.09mg (10.87%), Vitamin A: 520.65IU (10.41%), Iron: 1.68mg (9.32%), Manganese: 0.16mg (7.99%), Vitamin B6: 0.16mg (7.85%), Vitamin E: 0.94mg (6.27%), Zinc: 0.88mg (5.89%), Vitamin B1: 0.08mg (5.33%), Fiber: 1.27g (5.06%), Potassium: 167.37mg (4.78%), Copper: 0.09mg (4.34%), Magnesium: 8.08mg (2.02%)