

Salted-Almond Honey Wafers

 Vegetarian

READY IN



300 min.

SERVINGS



40

CALORIES



60 kcal

DESSERT

Ingredients

- 1.3 cups almonds sliced
- 1 tablespoon plus light
- 1 large egg whites lightly beaten
- 0.8 cup flour all-purpose
- 0.3 cup honey
- 1 teaspoon sea salt
- 0.3 cup sugar
- 7 tablespoons butter unsalted

Equipment

- baking sheet
- sauce pan
- oven
- spatula
- offset spatula

Directions

- Put oven rack in middle position and preheat oven to 350°F. Put liner on a baking sheet.
- Melt butter in a 1- to 2-quart heavy saucepan over moderately low heat and add honey, sugar, and corn syrup, stirring until combined.
- Remove from heat and stir in flour until incorporated, then stir in egg white.
- Working in batches of 6, spread small spoonfuls of batter with a small offset spatula or back of a spoon into long strips, about 1 inch wide and 5 to 6 inches long, on baking sheet, spacing cookies 2 inches apart. Top each batch with about 2 3/4 tablespoons almonds and sprinkle with sea salt.
- Bake until evenly golden, 9 to 10 minutes, then cool briefly on baking sheet to firm slightly, 1 to 2 minutes.
- Transfer with a thin metal spatula to a rack to cool completely.
- Transfer wafers as cooled to an airtight container.
- Batter keeps, covered and chilled, 5 days. • Wafers keep in airtight container at room temperature 5 days.

Nutrition Facts



PROTEIN 6.24% **FAT 49.9%** **CARBS 43.86%**

Properties

Glycemic Index:5.66, Glycemic Load:3.78, Inflammation Score:-1, Nutrition Score:1.3808695481199%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg 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: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg 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: 59.73kcal (2.99%), Fat: 3.45g (5.31%), Saturated Fat: 1.37g (8.57%), Carbohydrates: 6.83g (2.28%), Net Carbohydrates: 6.4g (2.33%), Sugar: 4.54g (5.05%), Cholesterol: 5.27mg (1.76%), Sodium: 60.32mg (2.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.94%), Vitamin E: 0.79mg (5.29%), Manganese: 0.08mg (4.22%), Vitamin B2: 0.05mg (2.95%), Magnesium: 8.48mg (2.12%), Copper: 0.03mg (1.74%), Phosphorus: 17.18mg (1.72%), Fiber: 0.43g (1.71%), Vitamin B1: 0.02mg (1.65%), Selenium: 1.14µg (1.63%), Folate: 5.72µg (1.43%), Iron: 0.23mg (1.28%), Vitamin B3: 0.25mg (1.24%), Vitamin A: 61.25IU (1.23%)