



## Savannah Bow Ties

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup almond paste
- 0.3 cup firmly brown sugar light packed
- 1 large eggs separated
- 2 tablespoons granulated sugar
- 2 teaspoons milk
- 17.3 ounce puff pastry frozen thawed

### Equipment

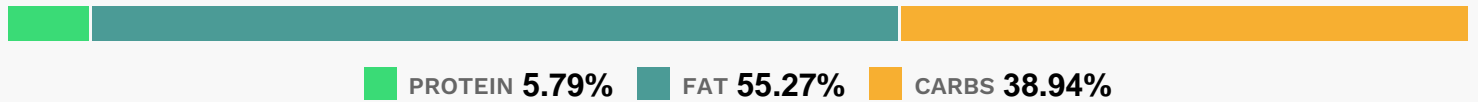
- baking sheet

- oven
- wire rack
- hand mixer

## Directions

- Beat 1/2 cup almond paste, egg yolk, brown sugar, and milk at medium speed with an electric mixer until well combined. (
- Mixture will be very stiff.) Set aside.
- Unfold pastry, and roll out on a lightly floured surface into a 14-inch square; cut in half.
- Press almond mixture gently and evenly over one rectangle.
- Place the remaining rectangle on top of filling.
- Cut pastry crosswise into fourteen 1-inch-wide strips; cut each strip in half to make 28 pieces.
- Twist each piece twice.
- Place the twists about 2 inches apart on lightly greased baking sheets. Lightly beat egg white, and brush evenly on each twist.
- Sprinkle evenly with granulated sugar.
- Bake at 400 for 12 to 15 minutes or until golden.
- Transfer to wire rack to cool.
- Serve with Chocolate Dipping Sauce, if desired.

## Nutrition Facts



## Properties

Glycemic Index:8.2, Glycemic Load:6.83, Inflammation Score:-1, Nutrition Score:3.3108695412622%

## Nutrients (% of daily need)

Calories: 180.05kcal (9%), Fat: 11.17g (17.19%), Saturated Fat: 2.6g (16.26%), Carbohydrates: 17.71g (5.9%), Net Carbohydrates: 17.07g (6.21%), Sugar: 6.13g (6.82%), Cholesterol: 9.36mg (3.12%), Sodium: 66.09mg (2.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.27%), Selenium: 6.99µg (9.99%), Manganese: 0.17mg

(8.54%), Vitamin B1: 0.1mg (6.9%), Vitamin B2: 0.11mg (6.19%), Vitamin E: 0.93mg (6.17%), Folate: 24.47µg (6.12%), Vitamin B3: 1.11mg (5.54%), Iron: 0.78mg (4.35%), Vitamin K: 3.96µg (3.77%), Phosphorus: 34.92mg (3.49%), Magnesium: 11.91mg (2.98%), Copper: 0.06mg (2.85%), Fiber: 0.64g (2.56%), Zinc: 0.25mg (1.66%), Calcium: 16.52mg (1.65%), Potassium: 40.66mg (1.16%)