

Swedish Pastry

 Vegetarian

READY IN



80 min.

SERVINGS



20

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 0.3 teaspoon butter extract flavored
- ☐ 0.5 cup butter
- ☐ 1 cup confectioners' sugar
- ☐ 3 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon milk
- ☐ 1 cup water

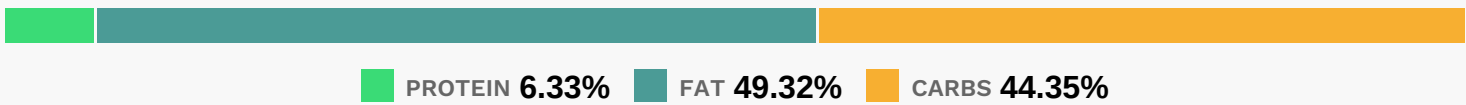
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ blender

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Cut 1/2 cup butter into 1 cup flour with a knife or pastry blender in a bowl until the mixture resembles coarse crumbs. Stir in 1/4 teaspoon butter extract.
- ☐ Add the water a tablespoon at a time, tossing with a fork, until the flour mixture is moistened. Press mixture onto the bottom of a 10x13-inch baking sheet.
- ☐ Bring 1 cup water, 1/2 cup butter, and 1/2 teaspoon butter extract to a boil in a saucepan over medium-high heat.
- ☐ Remove from heat, then beat in 1 cup flour. Beat in eggs one at a time until blended. Stir in 1 teaspoon almond extract, and pour over crust.
- ☐ Bake in the preheated oven until golden brown, about 55 minutes.
- ☐ Meanwhile, mix the confectioners' sugar, 1/2 teaspoon almond extract, 1/4 teaspoon butter extract, and 1 tablespoon milk in a bowl until smooth.
- ☐ Spread mixture over the hot pastry.

Nutrition Facts



Properties

Glycemic Index:10.65, Glycemic Load:3.47, Inflammation Score:-1, Nutrition Score:1.7256521673306%

Nutrients (% of daily need)

Calories: 97.4kcal (4.87%), Fat: 5.37g (8.26%), Saturated Fat: 3.18g (19.87%), Carbohydrates: 10.86g (3.62%), Net Carbohydrates: 10.69g (3.89%), Sugar: 5.96g (6.62%), Cholesterol: 36.98mg (12.33%), Sodium: 47.39mg (2.06%), Alcohol: 0.03g (100%), Alcohol %: 0.12% (100%), Protein: 1.55g (3.1%), Selenium: 4.25µg (6.08%), Vitamin B2: 0.07mg (3.84%), Folate: 14.71µg (3.68%), Vitamin A: 180.24IU (3.6%), Vitamin B1: 0.05mg (3.49%), Iron: 0.41mg (2.28%), Manganese: 0.05mg (2.25%), Phosphorus: 21.96mg (2.2%), Vitamin B3: 0.38mg (1.89%), Vitamin B5: 0.14mg (1.38%), Vitamin E: 0.21mg (1.38%), Vitamin B12: 0.07µg (1.21%)