

Torrone



Vegetarian



Gluten Free



Dairy Free

READY IN

ready

20 min.

SERVINGS

servings

12

CALORIES

calories

304 kcal

SIDE DISH

Ingredients



1 teaspoon almond extract



1 cup almonds sliced



0.5 cup fruit jell-o® mix diced for topping



0.7 cup plus light



2 egg whites at room temperature



1 teaspoon orange extract



2.7 cups caster sugar



2 teaspoons vanilla extract

☐ 0.5 cup water

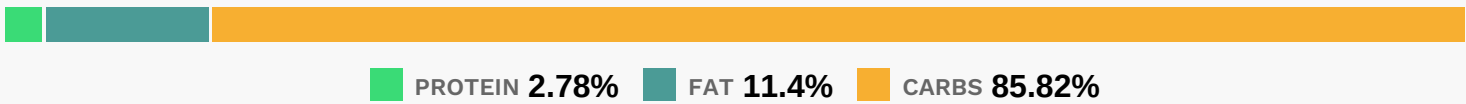
Equipment

- ☐ sauce pan
- ☐ blender
- ☐ hand mixer
- ☐ cake form
- ☐ candy thermometer

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine sugar, corn syrup and water in a saucepan. Cook over medium heat until a candy thermometer temperature registers 260 degrees F.
- ☐ Meanwhile, in an electric mixer, beat egg whites to form stiff peaks. When sugar reaches 260 degrees F, slowly pour in a thin stream into egg whites, while the mixer is running.
- ☐ Add extracts, beat on medium speed for 13 minutes, then fold the candied fruit into the mixture.
- ☐ Mix for another 2 minutes, then fold in 1/2 cup of the almonds.
- ☐ Pour mixture into 9-inch square cake pan sprayed with baking spray or butter the pan and then dust with flour. Top with remaining almonds and additional candied fruit.
- ☐ Let sit overnight, then cut into serving pieces.

Nutrition Facts



Properties

Glycemic Index:8.26, Glycemic Load:33.86, Inflammation Score:-1, Nutrition Score:2.9134782623986%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 304.27kcal (15.21%), Fat: 4.01g (6.18%), Saturated Fat: 0.29g (1.82%), Carbohydrates: 68.02g (22.67%), Net Carbohydrates: 66.64g (24.23%), Sugar: 64.12g (71.25%), Cholesterol: 0mg (0%), Sodium: 26.87mg (1.17%), Alcohol: 0.34g (100%), Alcohol %: 0.45% (100%), Protein: 2.2g (4.4%), Vitamin E: 1.96mg (13.08%), Manganese: 0.18mg (8.99%), Vitamin B2: 0.12mg (6.98%), Fiber: 1.38g (5.53%), Magnesium: 21.66mg (5.41%), Copper: 0.09mg (4.28%), Phosphorus: 37.69mg (3.77%), Calcium: 37.4mg (3.74%), Iron: 0.54mg (3%), Selenium: 1.71µg (2.45%), Zinc: 0.33mg (2.2%), Potassium: 66.9mg (1.91%), Vitamin B1: 0.03mg (1.81%), Vitamin B3: 0.29mg (1.44%)