

Vanille Kipferl II

 Vegetarian

READY IN



85 min.

SERVINGS



60

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 tablespoons powdered sugar
- 1 eggs
- 2.1 cups flour all-purpose
- 1.3 cups almond flour
- 1 pinch salt
- 7 tablespoons butter unsalted
- 1.5 teaspoons tsp vanilla sugar

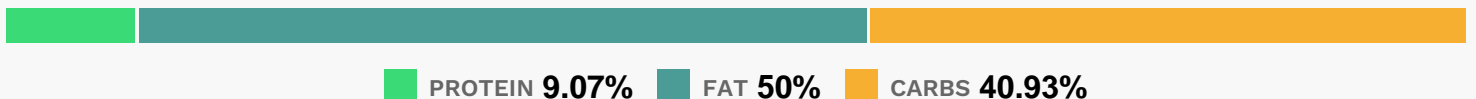
Equipment

- baking sheet
- baking paper
- oven
- mixing bowl

Directions

- In a large mixing bowl, combine flour and salt.
- Cut in the butter until the size of small peas and mix in with your hands.
- Mix 1/2 cup confectioners' sugar, the egg, 3 teaspoons of vanilla sugar, and ground almonds into the flour mixture.
- Place the dough in the refrigerator for 30 minutes.
- Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper.
- Divide the dough into several parts.
- Roll each section of dough into logs approximately 1/2 inch thick.
- Cut the logs into 1-inch pieces, and bend the pieces into a crescent shape (just like a croissant).
- Place the kipferl on the baking sheet and chill them for 15 minutes.
- Bake in the preheated oven until the edges are golden brown, 10 to 15 minutes.
- Let cool slightly.
- Combine 6 tablespoons confectioners' sugar and 1 1/2 teaspoons vanilla sugar and toss to mix.
- While still warm, carefully remove kipferl from the baking sheet and dip them in sugar to coat.

Nutrition Facts



Properties

Glycemic Index:2.42, Glycemic Load:2.51, Inflammation Score:-1, Nutrition Score:0.83217390173155%

Nutrients (% of daily need)

Calories: 45.55kcal (2.28%), Fat: 2.59g (3.99%), Saturated Fat: 0.95g (5.94%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 4.41g (1.6%), Sugar: 0.98g (1.09%), Cholesterol: 6.24mg (2.08%), Sodium: 1.97mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Selenium: 1.75µg (2.5%), Vitamin B1: 0.04mg (2.34%), Folate: 8.5µg (2.12%), Iron: 0.31mg (1.71%), Manganese: 0.03mg (1.53%), Vitamin B2: 0.03mg (1.53%), Fiber: 0.37g (1.47%), Vitamin B3: 0.26mg (1.31%)