



Yum Yum Nut Sweets



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup almonds unsalted whole
- ☐ 2 egg whites
- ☐ 0.5 teaspoon safflower oil
- ☐ 0.3 cup sugar
- ☐ 1 cup walnuts whole

Equipment

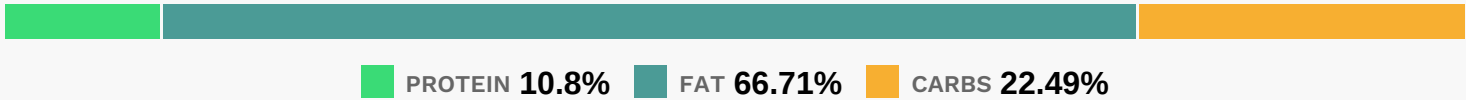
- ☐ food processor
- ☐ frying pan

- ☐ oven
- ☐ mixing bowl
- ☐ double boiler
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Preheat the oven to 300°F. Grease a 7- or 8-inch square baking pan with the oil. Set aside.
- ☐ Place the nuts in a food processor and chop until the mixture resembles coarse sand.
- ☐ Put the contents into a small mixing bowl. Stir in the sugar and egg whites. With a spatula, scrape the contents of the bowl into the oiled pan and press into an even layer.
- ☐ Bake for 1 hour for soft cookies or 1 1/2 hours for crisp cookies.
- ☐ Remove from the oven. Allow to cool.
- ☐ Cut into 1 3/4- or 2-inch squares.
- ☐ Chocolate Yum Yums
- ☐ Even though these are simply a chocolate version of the Yum Yums, everyone seems to think that they are brownies. Yum.Melt 2 1/2 ounces of 70% dark—not milk—chocolate in a double boiler.
- ☐ Add to the mixing bowl after the sugar and egg whites. Proceed as directed.
- ☐ Excerpted from The Intolerant Gourmet: Glorious Food without Gluten & Lactose by Barbara Kafka (Artisan Books). Copyright © 201
- ☐ Photographs by Johnny Miller.

Nutrition Facts



Properties

Glycemic Index:6.26, Glycemic Load:3.09, Inflammation Score:-2, Nutrition Score:4.5830434859609%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg 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: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg 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: 118.67kcal (5.93%), Fat: 9.37g (14.42%), Saturated Fat: 0.8g (4.98%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 5.5g (2%), Sugar: 4.76g (5.29%), Cholesterol: 0mg (0%), Sodium: 6.5mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.83%), Manganese: 0.45mg (22.72%), Vitamin E: 2.38mg (15.88%), Copper: 0.21mg (10.47%), Magnesium: 36.1mg (9.02%), Vitamin B2: 0.13mg (7.65%), Phosphorus: 68.85mg (6.89%), Fiber: 1.61g (6.43%), Zinc: 0.51mg (3.38%), Calcium: 31.51mg (3.15%), Iron: 0.55mg (3.05%), Potassium: 103.96mg (2.97%), Vitamin B1: 0.04mg (2.89%), Folate: 11.25µg (2.81%), Vitamin B6: 0.05mg (2.59%), Selenium: 1.5µg (2.14%), Vitamin B3: 0.41mg (2.05%)