

# Ground Almond Dessert Filling

*Southern Living - 1987 Annual Recipes*

**Yield: 3/4 cup**

- 3/4 cup slivered almonds*
- 1/3 cup sifted powdered sugar*
- 1 egg*
- 1 tablespoon butter or margarine, softened*
- 1/8 teaspoon almond extract*

Place the slivered almonds in the bowl of a food processor. Process for 30 seconds or until finely ground.

Add the sugar, egg, butter and almond extract. Process until blended.

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Per Serving (excluding unknown items): 942 Calories; 74g Fat (66.9% calories from fat); 29g Protein; 53g Carbohydrate; 7g Dietary Fiber; 243mg Cholesterol; 198mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; 12 1/2 Fat; 2 Other Carbohydrates.

Desserts

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	942
<b>% Calories from Fat:</b>	66.9%
<b>% Calories from Carbohydrates:</b>	21.6%
<b>% Calories from Protein:</b>	11.6%
<b>Total Fat (g):</b>	74g
<b>Saturated Fat (g):</b>	14g
<b>Monounsaturated Fat (g):</b>	42g
<b>Polyunsaturated Fat (g):</b>	13g
<b>Cholesterol (mg):</b>	243mg
<b>Carbohydrate (g):</b>	53g
<b>Dietary Fiber (g):</b>	7g
<b>Protein (g):</b>	29g
<b>Sodium (mg):</b>	198mg
<b>Potassium (mg):</b>	887mg
<b>Calcium (mg):</b>	298mg
<b>Iron (mg):</b>	5mg
<b>Zinc (mg):</b>	4mg
<b>Vitamin C (mg):</b>	1mg

<b>Vitamin B6 (mg):</b>	.2mg
<b>Vitamin B12 (mcg):</b>	.7mcg
<b>Thiamin B1 (mg):</b>	.2mg
<b>Riboflavin B2 (mg):</b>	1.0mg
<b>Folacin (mcg):</b>	66mcg
<b>Niacin (mg):</b>	3mg
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	1
<b>% Refused:</b>	n n%

**Food Exchanges**

<b>Grain (Starch):</b>	1 1/2
<b>Lean Meat:</b>	3
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	12 1/2
<b>Other Carbohydrates:</b>	2

Vitamin A (i.u.): 677IU  
Vitamin A (r.e.): 177 1/2RE

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## Nutrition Facts

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### Amount Per Serving

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**Calories** 942 Calories from Fat: 630

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**% Daily Values\***

<b>Total Fat</b>	74g	113%
Saturated Fat	14g	71%
<b>Cholesterol</b>	243mg	81%
<b>Sodium</b>	198mg	8%
<b>Total Carbohydrates</b>	53g	18%
Dietary Fiber	7g	29%
<b>Protein</b>	29g	
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<b>Vitamin A</b>		14%
<b>Vitamin C</b>		1%
<b>Calcium</b>		30%
<b>Iron</b>		27%

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\* Percent Daily Values are based on a 2000 calorie diet.