



Almendrados (Flourless Almond Cookies)



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



24

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups blanched almonds and whole
- ☐ 24 blanched almonds and whole
- ☐ 1 large eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 4 teaspoons lemon rind grated
- ☐ 1 Dash salt
- ☐ 0.7 cup sugar

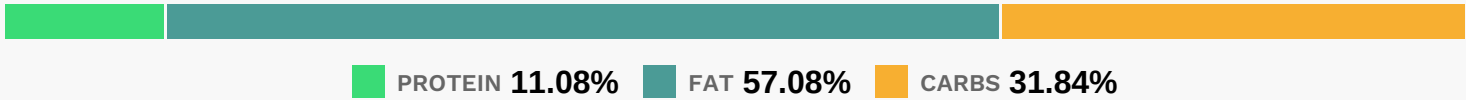
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Place 2 cups almonds in a food processor; process until finely ground.
- ☐ Add sugar, lemon rind, salt, and egg; pulse 10 times or until dough forms a ball.
- ☐ Shape dough into 24 balls, about 1 tablespoon each.
- ☐ Place 1 inch apart on baking sheets coated with cooking spray.
- ☐ Sprinkle evenly with cinnamon. Gently press one whole almond into the center of each dough ball.
- ☐ Bake at 350 for 16 minutes or until edges are golden brown. Cool 5 minutes on pans.
- ☐ Remove from pans; cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:3.88, Inflammation Score:-2, Nutrition Score:3.4360869059582%

Nutrients (% of daily need)

Calories: 92.09kcal (4.6%), Fat: 6.21g (9.56%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 6.59g (2.4%), Sugar: 6.1g (6.77%), Cholesterol: 7.75mg (2.58%), Sodium: 6.83mg (0.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.43%), Vitamin E: 2.74mg (18.24%), Manganese: 0.22mg (11.24%), Magnesium: 30.95mg (7.74%), Copper: 0.12mg (5.99%), Phosphorus: 59.13mg (5.91%), Vitamin B2: 0.09mg (5.41%), Fiber: 1.21g (4.84%), Calcium: 29.45mg (2.94%), Zinc: 0.37mg (2.46%), Iron: 0.42mg (2.35%), Potassium: 79.11mg (2.26%), Vitamin B3: 0.4mg (2.02%), Folate: 6.62µg (1.66%), Vitamin B1: 0.02mg (1.52%), Selenium: 1.04µg (1.49%)