

# **Almond Bar Cookies**

Vegetarian







DESSERT

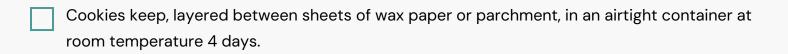
## **Ingredients**

0.8 cup sugar

1 cup butter unsalted softened

1	teaspoon almond extract
o	.5 cup almond paste canned packed crumbled ( 5 oz; not marzipan)
1.5	5 oz almonds sliced
1	large eggs separated
1.3	3 cups flour all-purpose
o	.5 teaspoon salt

ЦЧ	uipment
	food processor
	bowl
	frying pan
	oven
	baking pan
	hand mixer
	aluminum foil
	stand mixer
	wax paper
	offset spatula
	cutting board
Directions	
Ш	Pulse almond paste in a food processor until broken up into small bits, then add salt and 1/4 cup sugar and continue to pulse until finely ground, about 1 minute.
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	cup sugar and continue to pulse until finely ground, about 1 minute.  Put oven rack in middle position and preheat oven to 350°F. Butter a 9-inch square baking
	cup sugar and continue to pulse until finely ground, about 1 minute.  Put oven rack in middle position and preheat oven to 350°F. Butter a 9-inch square baking pan, then line with foil, leaving a 2-inch overhang on 2 opposite sides, and butter foil.  Beat together butter and remaining 1/2 cup sugar in a large bowl with an electric mixer at medium-high speed until pale and fluffy, about 3 minutes in a stand mixer (preferably fitted
	cup sugar and continue to pulse until finely ground, about 1 minute.  Put oven rack in middle position and preheat oven to 350°F. Butter a 9-inch square baking pan, then line with foil, leaving a 2-inch overhang on 2 opposite sides, and butter foil.  Beat together butter and remaining 1/2 cup sugar in a large bowl with an electric mixer at medium-high speed until pale and fluffy, about 3 minutes in a stand mixer (preferably fitted with a paddle attachment) or 6 minutes with a handheld.  Add almond mixture, egg yolk, and almond extract and beat until combined well, about 2
	cup sugar and continue to pulse until finely ground, about 1 minute.  Put oven rack in middle position and preheat oven to 350°F. Butter a 9-inch square baking pan, then line with foil, leaving a 2-inch overhang on 2 opposite sides, and butter foil.  Beat together butter and remaining 1/2 cup sugar in a large bowl with an electric mixer at medium-high speed until pale and fluffy, about 3 minutes in a stand mixer (preferably fitted with a paddle attachment) or 6 minutes with a handheld.  Add almond mixture, egg yolk, and almond extract and beat until combined well, about 2 minutes. Reduce speed to low, then add flour and mix until combined.  Spread batter evenly in pan with an offset spatula. Lightly beat egg white in a small bowl, then
	cup sugar and continue to pulse until finely ground, about 1 minute.  Put oven rack in middle position and preheat oven to 350°F. Butter a 9-inch square baking pan, then line with foil, leaving a 2-inch overhang on 2 opposite sides, and butter foil.  Beat together butter and remaining 1/2 cup sugar in a large bowl with an electric mixer at medium-high speed until pale and fluffy, about 3 minutes in a stand mixer (preferably fitted with a paddle attachment) or 6 minutes with a handheld.  Add almond mixture, egg yolk, and almond extract and beat until combined well, about 2 minutes. Reduce speed to low, then add flour and mix until combined.  Spread batter evenly in pan with an offset spatula. Lightly beat egg white in a small bowl, then brush some of it over batter and sprinkle evenly with almonds.
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### **Nutrition Facts**

PROTEIN 4.72% FAT 59.26% CARBS 36.02%

### **Properties**

Glycemic Index:4.31, Glycemic Load:5.32, Inflammation Score:-2, Nutrition Score:1.8391304223434%

#### **Flavonoids**

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

#### Nutrients (% of daily need)

Calories: 100.64kcal (5.03%), Fat: 6.77g (10.41%), Saturated Fat: 3.42g (21.36%), Carbohydrates: 9.25g (3.08%), Net Carbohydrates: 8.84g (3.21%), Sugar: 5.39g (5.98%), Cholesterol: 18.72mg (6.24%), Sodium: 35.4mg (1.54%), Alcohol: 0.04g (100%), Alcohol %: 0.23% (100%), Protein: 1.21g (2.42%), Vitamin E: 0.89mg (5.94%), Manganese: 0.08mg (4.24%), Vitamin B2: 0.06mg (3.37%), Vitamin A: 165.09IU (3.3%), Selenium: 2.17µg (3.1%), Folate: 11.61µg (2.9%), Vitamin B1: 0.04mg (2.66%), Phosphorus: 22.77mg (2.28%), Magnesium: 8.55mg (2.14%), Iron: 0.32mg (1.8%), Copper: 0.04mg (1.76%), Vitamin B3: 0.35mg (1.74%), Fiber: 0.42g (1.66%), Calcium: 11.62mg (1.16%)