



Almond Bar Cookies

 Vegetarian

READY IN



300 min.

SERVINGS



36

CALORIES



101 kcal

DESSERT

Ingredients

- 1 teaspoon almond extract
- 0.5 cup almond paste canned packed crumbled (5 oz; not marzipan)
- 1.5 oz almonds sliced
- 1 large eggs separated
- 1.3 cups flour all-purpose
- 0.5 teaspoon salt
- 0.8 cup sugar
- 1 cup butter unsalted softened

Equipment

- food processor
- bowl
- frying pan
- oven
- baking pan
- hand mixer
- aluminum foil
- stand mixer
- wax paper
- offset spatula
- cutting board

Directions

- 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.
- 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.
- Bake until top is golden, 35 to 40 minutes. Cool completely in pan on a rack, about 1 hour.
- Transfer with foil to a cutting board, then discard foil.
- Cut into squares or rounds.
- *Available at Sweet Celebrations (800-328-6722).

Cookies keep, layered between sheets of wax paper or parchment, in an airtight container at room temperature 4 days.

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 Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 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%)