



Almond Blueberry Cookies

 Vegetarian

READY IN



65 min.

SERVINGS



30

CALORIES



104 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 0.5 cup almonds toasted chopped
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup blueberries frozen thawed drained
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons lemon zest
- ☐ 0.5 teaspoon salt

- ☐ 1 cup sugar
- ☐ 0.5 cup butter unsalted
- ☐ 0.3 cup milk whole

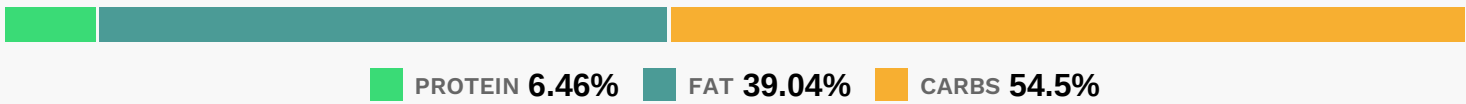
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 375 degrees F.
- ☐ In a medium bowl, combine flour, baking powder, and salt. In another medium bowl, cream together the butter and sugar using a hand mixer.
- ☐ Add egg and beat to incorporate.
- ☐ Add milk, almond extract, and lemon zest. Stir the dry ingredients into the wet ingredients. Fold in the almonds, then the blueberries. Chill the dough in the refrigerator for 30 minutes. Preheat the oven to 375 degrees F. Using two small spoons, dollop mix onto cookie sheets.
- ☐ Bake until golden brown around the edges, about 15 minutes. Cool the cookies on a wire rack. Save in a storage container to take to the picnic.
- ☐ Note: This recipe has been updated and may differ from what was originally published or broadcast.

Nutrition Facts



Properties

Glycemic Index:10.84, Glycemic Load:9.62, Inflammation Score:-2, Nutrition Score:2.5808695451073%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 1.56mg, Petunidin: 1.56mg, Petunidin: 1.56mg, Petunidin: 1.56mg Delphinidin: 1.75mg, Delphinidin: 1.75mg, Delphinidin: 1.75mg, Delphinidin: 1.75mg Malvidin: 3.33mg, Malvidin: 3.33mg, Malvidin: 3.33mg, Malvidin: 3.33mg Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 103.93kcal (5.2%), Fat: 4.6g (7.08%), Saturated Fat: 2.14g (13.36%), Carbohydrates: 14.45g (4.82%), Net Carbohydrates: 13.79g (5.02%), Sugar: 7.4g (8.22%), Cholesterol: 14.58mg (4.86%), Sodium: 70.91mg (3.08%), Alcohol: 0.05g (100%), Alcohol %: 0.19% (100%), Protein: 1.71g (3.43%), Manganese: 0.13mg (6.46%), Selenium: 3.56µg (5.08%), Vitamin E: 0.75mg (5%), Vitamin B1: 0.07mg (4.95%), Vitamin B2: 0.08mg (4.92%), Folate: 17.51µg (4.38%), Phosphorus: 33.18mg (3.32%), Iron: 0.55mg (3.07%), Vitamin B3: 0.61mg (3.02%), Calcium: 28.25mg (2.83%), Fiber: 0.66g (2.62%), Magnesium: 9.19mg (2.3%), Vitamin A: 109.59IU (2.19%), Copper: 0.04mg (2.1%), Vitamin K: 1.25µg (1.19%), Zinc: 0.18mg (1.17%), Potassium: 37.05mg (1.06%)