

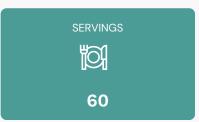
Almond Butter Cookies

Vegetarian



0.3 cup brown sugar light packed

0.1 teaspoon salt



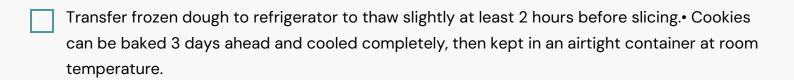


DESSERT

Ingredients

0.3 teaspoon almond extract
0.5 cup almonds with skins (4 1/2 oz), toasted and cooled completely sliced
0.5 teaspoon baking soda
1 tablespoon plus
1 cup flour all-purpose
0.3 cup granulated sugar

	6 tablespoons butter unsalted softened	
	0.5 teaspoon vanilla	
Equipment		
	bowl	
	baking sheet	
	oven	
	knife	
	whisk	
	plastic wrap	
	hand mixer	
	stand mixer	
	wax paper	
	spatula	
Directions		
	Whisk together flour, baking soda, and salt.	
	Beat together butter, sugars, corn syrup, vanilla, and almond extract in a large bowl with an electric mixer at medium-high speed (use paddle attachment if you have a stand mixer) until pale and fluffy, about 2 minutes. Reduce speed to low, then add flour mixture and mix just until a dough begins to form.	
	Add almonds and mix just until incorporated. Form dough into a rectangular log (about 12 inches long, 2 inches wide, and 3/4 inch thick). Wrap in wax paper and chill until firm, about 2 hours.	
	Put oven rack in middle position and preheat oven to 325°F. Butter a large baking sheet.	
	Cut half of log into 1/8-inch-thick slices with a thin sharp knife and arrange 3/4 inch apart on baking sheet. (Keep remaining dough chilled.)	
	Bake cookies until golden, about 12 minutes, then transfer with a thin metal spatula to a rack to cool. Repeat with remaining dough.	
	• Dough can be chilled up to 2 days, or frozen, wrapped also in plastic wrap, 1 month.	



Nutrition Facts

PROTEIN 5.12% 📕 FAT 45.45% 📒 CARBS 49.43%

Properties

Glycemic Index: 2.9, Glycemic Load: 1.79, Inflammation Score: -1, Nutrition Score: 0.60043478109266%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

Nutrients (% of daily need)

Calories: 29.93kcal (1.5%), Fat: 1.54g (2.37%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 3.77g (1.26%), Net Carbohydrates: 3.62g (1.32%), Sugar: 2.05g (2.28%), Cholesterol: 3.01mg (1%), Sodium: 14.66mg (0.64%), Alcohol: 0.02g (100%), Alcohol %: 0.34% (100%), Protein: 0.39g (0.78%), Manganese: 0.03mg (1.63%), Vitamin E: 0.23mg (1.53%), Vitamin B1: 0.02mg (1.21%), Vitamin B2: 0.02mg (1.16%), Selenium: 0.77µg (1.1%), Folate: 4.2µg (1.05%)