



Almond Butter Cookies

 Vegetarian

READY IN



180 min.

SERVINGS



60

CALORIES



30 kcal

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
- 0.3 cup brown sugar light packed
- 0.1 teaspoon salt

- 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.

- Transfer frozen dough to refrigerator to thaw slightly at least 2 hours before slicing. • Cookies can be baked 3 days ahead and cooled completely, then kept in an airtight container at room temperature.

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 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%)