



Almond Butter Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



81 kcal

DESSERT

Ingredients

- 0.8 cup all purpose flour
- 1 teaspoon baking soda
- 1 eggs
- 0.5 cup regular flour whole wheat
- 0.3 cup granulated sugar
- 0.3 cup brown sugar light packed
- 0.8 teaspoon salt
- 0.8 cup smooth unsalted

- 0.3 cup butter unsalted softened
- 0.5 teaspoon vanilla extract
- 36 almonds raw whole

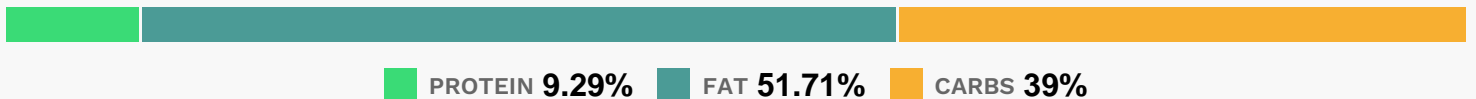
Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack

Directions

- Preheat the oven to 375 degrees. Spray two baking sheets with cooking spray. In a large bowl whisk together the flours, salt and baking soda. In another large bowl beat together the butter, almond butter and sugars until fluffy.
- Add the vanilla and egg and beat until well combined. Gradually stir in the flour mixture, blending well.
- Shape the dough into 3/4 inch balls, and place on the baking sheets.
- Place an almond in center of each cookie and press down lightly.
- Bake for 10-12 minutes, until lightly browned. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:4.31, Glycemic Load:2.74, Inflammation Score:-1, Nutrition Score:2.8295651965815%

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: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 81kcal (4.05%), Fat: 4.86g (7.47%), Saturated Fat: 1.1g (6.96%), Carbohydrates: 8.24g (2.75%), Net Carbohydrates: 7.33g (2.67%), Sugar: 4.12g (4.58%), Cholesterol: 7.94mg (2.65%), Sodium: 81.81mg (3.56%), Alcohol: 0.02g (100%), Alcohol %: 0.14% (100%), Protein: 1.96g (3.93%), Manganese: 0.22mg (11.07%), Vitamin E: 1.58mg (10.53%), Magnesium: 20.46mg (5.11%), Vitamin B2: 0.08mg (4.85%), Phosphorus: 42.91mg (4.29%), Fiber: 0.91g (3.64%), Copper: 0.07mg (3.59%), Selenium: 2.51µg (3.58%), Calcium: 24.53mg (2.45%), Iron: 0.44mg (2.43%), Folate: 9.34µg (2.34%), Vitamin B1: 0.03mg (2.24%), Vitamin B3: 0.44mg (2.2%), Zinc: 0.28mg (1.88%), Potassium: 60.03mg (1.72%)