



HEALTH SCORE

62%

Almond Butter Cookies



Vegetarian



Very Healthy

READY IN



105 min.

SERVINGS



1

CALORIES



4702 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons almond extract
- ☐ 1 cup almond paste
- ☐ 0.8 cup almonds finely chopped
- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.4 lb butter at room temperature
- ☐ 2 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.3 teaspoon salt

☐ 0.7 cup sugar

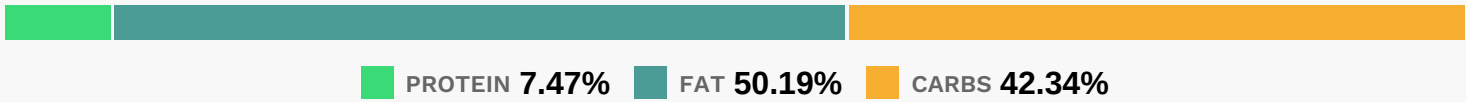
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ In a bowl, with an electric mixer on medium speed, beat butter, almond paste, and sugar until very smooth. Beat in eggs and almond extract until well blended, scraping down sides of bowl as needed.
- ☐ In another bowl, stir together flour, baking powder, and salt. Stir or beat into butter mixture until well blended.
- ☐ Place almonds in a shallow dish. Shape dough into 1-inch balls and roll in almonds to coat.
- ☐ Place balls 1 inch apart on buttered or cooking parchment-lined baking sheets. With a lightly floured fork, flatten balls into 1 1/4-inch rounds.
- ☐ Bake cookies in a 350 oven until lightly browned, 10 to 12 minutes; if baking more than one pan at a time, switch pan positions halfway through baking. With a wide spatula, transfer cookies to racks to cool.

Nutrition Facts



Properties

Glycemic Index:297.09, Glycemic Load:269.16, Inflammation Score:-10, Nutrition Score:71.057825805052%

Flavonoids

Cyanidin: 2.64mg, Cyanidin: 2.64mg, Cyanidin: 2.64mg, Cyanidin: 2.64mg Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg Epigallocatechin: 2.78mg, Epigallocatechin: 2.78mg, Epigallocatechin: 2.78mg,

Epigallocatechin: 2.78mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg
Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Naringenin: 0.46mg, Naringenin:
0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Isorhamnetin: 2.83mg, Isorhamnetin: 2.83mg, Isorhamnetin:
2.83mg, Isorhamnetin: 2.83mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol:
0.42mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 4702.41kcal (235.12%), Fat: 267.35g (411.31%), Saturated Fat: 101.09g (631.82%), Carbohydrates: 507.54g
(169.18%), Net Carbohydrates: 474.79g (172.65%), Sugar: 222.23g (246.93%), Cholesterol: 737.71mg (245.9%),
Sodium: 2906.9mg (126.39%), Alcohol: 2.75g (100%), Alcohol %: 0.33% (100%), Protein: 89.5g (179%), Vitamin E:
63.28mg (421.9%), Manganese: 6.58mg (328.97%), Vitamin B2: 4.25mg (250.23%), Selenium: 153.09µg (218.7%),
Folate: 836.88µg (209.22%), Vitamin B1: 2.91mg (193.9%), Phosphorus: 1897.44mg (189.74%), Magnesium: 672.5mg
(168.13%), Calcium: 1412.81mg (141.28%), Iron: 25.08mg (139.32%), Copper: 2.67mg (133.69%), Fiber: 32.76g
(131.04%), Vitamin B3: 25.74mg (128.68%), Vitamin A: 4791.8IU (95.84%), Zinc: 10.36mg (69.07%), Potassium:
2028.75mg (57.96%), Vitamin B5: 3.85mg (38.51%), Vitamin B6: 0.54mg (27.17%), Vitamin B12: 1.18µg (19.65%),
Vitamin D: 2µg (13.33%), Vitamin K: 13.14µg (12.52%)