



## Almond Cookie Cups

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



102 kcal

DESSERT

### Ingredients

- 0.3 teaspoon almond extract
- 3 egg whites
- 0.5 cup flour all-purpose
- 0.3 cup ground almonds
- 0.3 cup butter softened
- 0.5 cup sugar

### Equipment

- bowl

- frying pan
- baking sheet
- baking paper
- oven
- blender
- spatula

## Directions

- Place parchment paper over a large baking sheet. Draw 3 (5 1/2-inch) circles on parchment paper. Turn parchment paper over, and secure with masking tape.
- Combine sugar and margarine in a large bowl; beat at medium speed of a mixer until light and fluffy.
- Add almond extract and egg whites; beat well.
- Add flour and almonds; beat at low speed until well-blended.
- Spoon 1 heaping tablespoon batter into the center of each of the 3 drawn circles; spread batter to outside edge of each circle.
- Bake at 425 for 5 minutes or until edges of cookies are browned.
- Let cool 30 seconds on pan.
- Loosen edges of cookies with a spatula, and gently remove cookies from paper.
- Place each cookie over an inverted 6-ounce custard cup (or jar) coated with cooking spray. Shape the cookies around custard cups to form shallow cookie cups; let cool completely. (Cookies are delicate and should be handled carefully when shaped.) Repeat the procedure with remaining batter, reusing paper.

## Nutrition Facts



**PROTEIN 7.24%** **FAT 43.49%** **CARBS 49.27%**

## Properties

Glycemic Index:12.09, Glycemic Load:8.69, Inflammation Score:-2, Nutrition Score:1.2634782566001%

## Nutrients (% of daily need)

Calories: 102.37kcal (5.12%), Fat: 5.05g (7.77%), Saturated Fat: 0.88g (5.5%), Carbohydrates: 12.88g (4.29%), Net Carbohydrates: 12.49g (4.54%), Sugar: 8.48g (9.42%), Cholesterol: 0mg (0%), Sodium: 57.24mg (2.49%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Protein: 1.89g (3.79%), Selenium: 3.32µg (4.74%), Vitamin B2: 0.06mg (3.65%), Vitamin A: 169.16IU (3.38%), Vitamin B1: 0.04mg (2.78%), Folate: 9.88µg (2.47%), Iron: 0.34mg (1.89%), Manganese: 0.04mg (1.84%), Vitamin B3: 0.32mg (1.58%), Fiber: 0.39g (1.55%)