

Almond Cookies



Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

30

CALORIES

calories

86 kcal

DESSERT

Ingredients

- ☐ 2.5 cups almonds sliced
- ☐ 0.3 cup butter melted
- ☐ 1 egg white
- ☐ 0.3 cup flour all-purpose
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract

Equipment

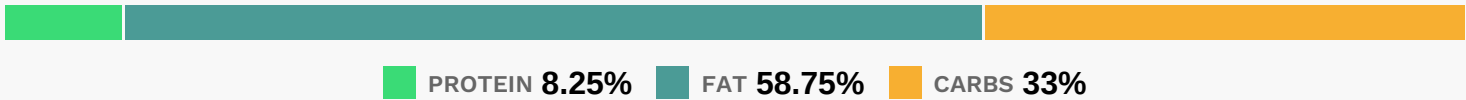
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Combine first 3 ingredients in a large bowl; add egg white, butter, and vanilla, stirring well. Drop by tablespoonfuls onto parchment paper-lined baking sheets.
- ☐ Bake at 350 for 10 to 12 minutes or until golden. Cool on baking sheets.
- ☐ Remove from paper, and store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:6.84, Glycemic Load:4.14, Inflammation Score:-1, Nutrition Score:2.6747826033312%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 86.42kcal (4.32%), Fat: 5.9g (9.08%), Saturated Fat: 1.59g (9.93%), Carbohydrates: 7.46g (2.49%), Net Carbohydrates: 6.47g (2.35%), Sugar: 5.35g (5.95%), Cholesterol: 5.42mg (1.81%), Sodium: 18.04mg (0.78%), Alcohol: 0.05g (100%), Alcohol %: 0.33% (100%), Protein: 1.86g (3.73%), Vitamin E: 2.02mg (13.48%), Manganese: 0.18mg (9.15%), Vitamin B2: 0.1mg (5.82%), Magnesium: 21.11mg (5.28%), Copper: 0.08mg (4.06%), Fiber: 0.99g (3.95%), Phosphorus: 38.76mg (3.88%), Calcium: 21.52mg (2.15%), Iron: 0.34mg (1.87%), Vitamin B3: 0.34mg (1.71%), Potassium: 59.84mg (1.71%), Zinc: 0.25mg (1.66%), Vitamin B1: 0.02mg (1.6%), Folate: 5.4µg (1.35%), Selenium: 0.92µg (1.32%), Vitamin A: 63.11IU (1.26%)