



Almond Crescents

READY IN



35 min.

SERVINGS



35

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups butter softened
- 4 cups flour
- 1 cup ground planters almonds
- 0.5 cup pistachios finely chopped
- 1 cup powdered sugar
- 4 oz baker's semi-sweet chocolate chopped

Equipment

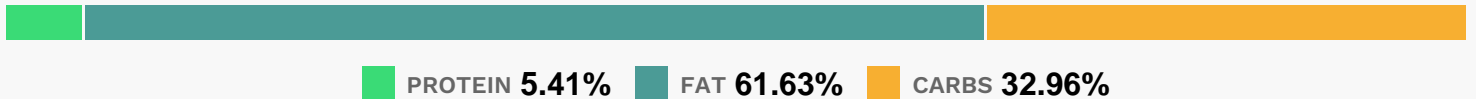
- bowl

- baking sheet
- oven
- wooden spoon
- aluminum foil

Directions

- Heat oven to 350F.
- Mix butter and sugar in large bowl with wooden spoon until blended. Gradually add flour, stirring after each addition until blended. Stir in nuts.
- Shape into 2-inch crescents, using 1 Tbsp. dough for each.
- Place, 2 inches apart, on parchment- or foil-covered baking sheets.
- Bake 12 to 15 min. or until lightly browned. Cool on baking sheets 2 min.
- Remove to wire racks; cool completely.
- Melt chocolate as directed on package. Dip one end of each cookie in chocolate; top with nuts. Return to wire racks; let stand until chocolate is firm.

Nutrition Facts



Properties

Glycemic Index:4.09, Glycemic Load:7.95, Inflammation Score:-3, Nutrition Score:3.4778260416959%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 205.06kcal (10.25%), Fat: 14.28g (21.97%), Saturated Fat: 7.61g (47.58%), Carbohydrates: 17.19g (5.73%), Net Carbohydrates: 16.03g (5.83%), Sugar: 4.84g (5.37%), Cholesterol: 28.08mg (9.36%), Sodium: 84.1mg (3.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Vitamin B1: 0.13mg (8.61%), Manganese: 0.16mg (8.08%), Selenium: 5.39µg (7.7%), Folate: 27.43µg (6.86%), Vitamin A: 333.07IU (6.66%), Iron: 1.06mg (5.9%),

Vitamin B2: 0.08mg (4.71%), Fiber: 1.17g (4.66%), Vitamin B3: 0.9mg (4.49%), Copper: 0.08mg (4.2%), Phosphorus: 35.58mg (3.56%), Magnesium: 11.23mg (2.81%), Vitamin E: 0.37mg (2.46%), Vitamin B6: 0.04mg (1.88%), Calcium: 15.86mg (1.59%), Zinc: 0.24mg (1.58%), Potassium: 54.85mg (1.57%), Vitamin K: 1.18µg (1.13%)