



Almond Crescents

 Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup egg substitute
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup ground almonds
- ☐ 0.7 cup butter softened reduced-calorie
- ☐ 0.3 cup powdered sugar divided
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vanilla extract

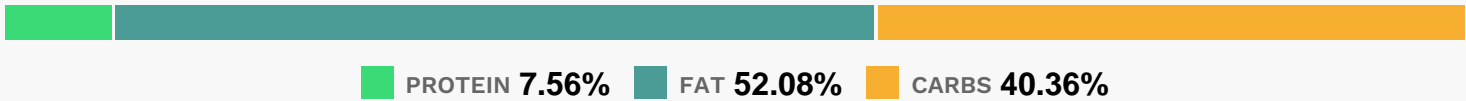
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wax paper

Directions

- ☐ Combine first 3 ingredients in a large bowl.
- ☐ Add margarine, 1/4 cup sugar, egg substitute, and vanilla; stir until well blended (mixture will be stiff). Knead lightly until smooth. Shape dough into a ball; wrap in wax paper, and chill 1 hour.
- ☐ Shape dough into 1-inch balls; roll each into a log, and shape into a crescent.
- ☐ Place on baking sheets coated with cooking spray.
- ☐ Bake at 325 for 10 to 15 minutes.
- ☐ Remove to wire racks to cool slightly; sprinkle cookies with remaining 1 tablespoon plus 1 teaspoon powdered sugar, and cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:3.45, Inflammation Score:-1, Nutrition Score:1.312608687855%

Nutrients (% of daily need)

Calories: 59.53kcal (2.98%), Fat: 3.45g (5.31%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 6.02g (2.01%), Net Carbohydrates: 5.78g (2.1%), Sugar: 1.09g (1.21%), Cholesterol: 0mg (0%), Sodium: 49.07mg (2.13%), Alcohol: 0.03g (100%), Alcohol %: 0.29% (100%), Protein: 1.13g (2.26%), Selenium: 3.36µg (4.81%), Vitamin B1: 0.05mg (3.54%), Folate: 11.96µg (2.99%), Vitamin A: 142.08IU (2.84%), Vitamin B2: 0.04mg (2.6%), Manganese: 0.04mg (2.15%), Iron: 0.38mg (2.09%), Vitamin B3: 0.37mg (1.87%), Vitamin E: 0.17mg (1.12%)