

# Almond Crescents I

 Vegetarian

READY IN



45 min.

SERVINGS



72

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1.5 cups almonds
- 1 tablespoon brandy
- 1 cup butter
- 0.5 cup powdered sugar
- 2 cups flour all-purpose
- 2 teaspoons water

## Equipment

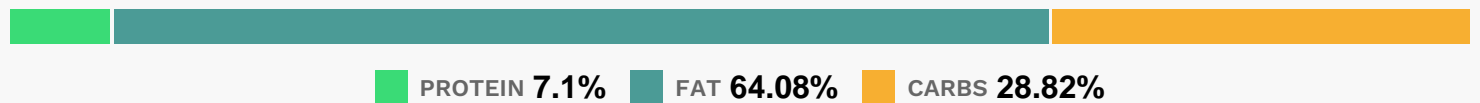
- baking sheet

oven

## Directions

- Cream butter or margarine with powdered sugar until light.
- Mix in brandy and water.
- Chop almonds and set 1/2 cup aside.
- Add the rest of the almonds to mixture. Stir in flour and mix well.
- Chill dough until stiff enough to mold.
- Preheat oven to 350 degrees F (180 degrees C).
- Shape dough into crescent shapes (Use about 1 tsp per cookie.)
- Dip into additional chopped almonds
- Bake on ungreased cookie sheet 12 - 15 minutes.
- Roll gently in additional powdered sugar after cooling.

## Nutrition Facts



## Properties

Glycemic Index:2.08, Glycemic Load:1.95, Inflammation Score:-1, Nutrition Score:1.5295652332513%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 56.22kcal (2.81%), Fat: 4.08g (6.27%), Saturated Fat: 1.74g (10.87%), Carbohydrates: 4.13g (1.38%), Net Carbohydrates: 3.66g (1.33%), Sugar: 0.96g (1.06%), Cholesterol: 6.78mg (2.26%), Sodium: 20.4mg (0.89%), Alcohol: 0.07g (100%), Alcohol %: 0.82% (100%), Protein: 1.02g (2.03%), Vitamin E: 0.84mg (5.59%), Manganese: 0.09mg (4.59%), Vitamin B2: 0.05mg (3.08%), Vitamin B1: 0.03mg (2.24%), Magnesium: 8.87mg (2.22%), Folate:

7.76µg (1.94%), Selenium: 1.34µg (1.91%), Phosphorus: 18.84mg (1.88%), Fiber: 0.47g (1.86%), Copper: 0.04mg (1.79%), Vitamin A: 78.82IU (1.58%), Vitamin B3: 0.31mg (1.57%), Iron: 0.27mg (1.52%)