



Almond Crescents II

READY IN



45 min.

SERVINGS



72

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter
- 1 cup confectioners' sugar
- 1.7 cups flour all-purpose
- 0.7 cup ground blanched almonds
- 1 teaspoon ground cinnamon
- 0.3 teaspoon salt
- 0.5 cup shortening
- 0.5 teaspoon vanilla extract

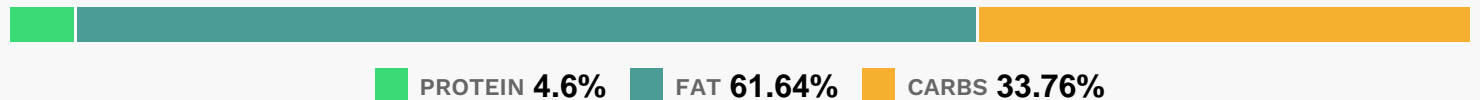
Equipment

- frying pan
- baking sheet
- oven

Directions

- Mix together shortening, butter and almonds. Sift in flour and salt.
- Add vanilla.
- Chill dough until firm.
- Preheat oven to 325 degrees F (170 degrees C).
- Roll dough with hands into 3 inch lengths, pencil thick. Form into crescents on ungreased baking sheet.
- Bake until just slightly brown -- about 16 minutes. Cool on pan
- While still slightly warm, carefully dip in a mixture of confectioner's sugar and cinnamon. These are extremely fragile cookies -- handle with care!

Nutrition Facts



Properties

Glycemic Index:1.81, Glycemic Load:1.6, Inflammation Score:-1, Nutrition Score:0.85782608875762%

Nutrients (% of daily need)

Calories: 47.88kcal (2.39%), Fat: 3.34g (5.14%), Saturated Fat: 1.22g (7.6%), Carbohydrates: 4.11g (1.37%), Net Carbohydrates: 3.91g (1.42%), Sugar: 1.7g (1.88%), Cholesterol: 3.39mg (1.13%), Sodium: 18.58mg (0.81%), Alcohol: 0.01g (100%), Alcohol %: 0.14% (100%), Protein: 0.56g (1.12%), Vitamin E: 0.4mg (2.67%), Manganese: 0.05mg (2.3%), Vitamin B1: 0.03mg (1.69%), Selenium: 1.04µg (1.49%), Folate: 5.91µg (1.48%), Vitamin B2: 0.02mg (1.38%), Vitamin B3: 0.21mg (1.06%)