



Almond Crunch Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



103 kcal

DESSERT

Ingredients

- ☐ 1.5 cups flour
- ☐ 3 tablespoons amaretto
- ☐ 1 teaspoon baking soda
- ☐ 3 large egg whites
- ☐ 0.5 teaspoon salt
- ☐ 3 cups slivered almonds toasted
- ☐ 0.8 cup sugar
- ☐ 1 cup butter unsalted room temperature (2 sticks)

- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ ice cream scoop

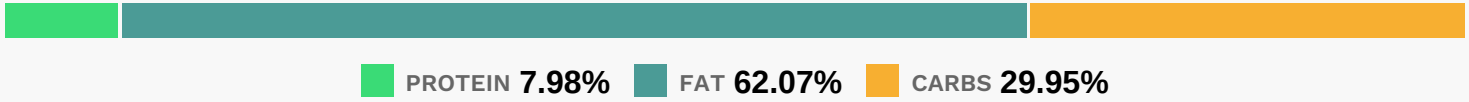
Directions

- ☐ Preheat oven to 350°F. Line heavy large baking sheet with parchment paper.
- ☐ Place 1 1/2 cups almonds in large bowl and sift 1/2 cup powdered sugar over; toss to coat.
- ☐ Whisk 1 egg white to blend in small bowl.
- ☐ Add 1 tablespoon egg white to nuts and toss to blend.
- ☐ Spread mixture in even layer over prepared baking sheet.
- ☐ Bake until almonds are golden and coating is dry, about 10 minutes. Cool completely.
- ☐ Transfer candied almonds to processor. Using on/off turns, process until almost all almonds are coarsely chopped and some fine crumbs form.
- ☐ Transfer chopped candied almonds to small bowl.
- ☐ Line 2 large baking sheets with parchment paper. Finely chop remaining 1 1/2 cups slivered almonds in processor.
- ☐ Add flour, baking soda, and salt. Blend until nuts are very finely ground.
- ☐ Using electric mixer, beat butter, 3/4 cup sugar, and remaining 3/4 cup powdered sugar in large bowl until well blended.
- ☐ Add remaining 2 egg whites, amaretto, and vanilla. Beat until well blended. Gradually mix in flour-almond mixture. Stir in chopped candied almonds.
- ☐ Working in 2 batches and using small ice cream scoop or tablespoon, spoon 2 level tablespoonfuls dough in mound for each cookie, forming about 12 mounds on each sheet and

spacing 2 inches apart.

- ☐ Bake until cookies are golden brown, about 14 minutes. Cool slightly on baking sheets.
- ☐ Transfer cookies to rack and cool completely. (Can be made 3 days ahead. Store airtight at room temperature.)

Nutrition Facts



Properties

Glycemic Index:3.23, Glycemic Load:4.4, Inflammation Score:-2, Nutrition Score:2.9208695823732%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg 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: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 103.44kcal (5.17%), Fat: 7.26g (11.17%), Saturated Fat: 2.69g (16.83%), Carbohydrates: 7.88g (2.63%), Net Carbohydrates: 6.93g (2.52%), Sugar: 3.75g (4.17%), Cholesterol: 10.17mg (3.39%), Sodium: 51.23mg (2.23%), Alcohol: 0.27g (100%), Alcohol %: 1.59% (100%), Protein: 2.1g (4.2%), Vitamin E: 1.84mg (12.27%), Manganese: 0.18mg (9.09%), Vitamin B2: 0.11mg (6.33%), Magnesium: 19.44mg (4.86%), Copper: 0.08mg (3.85%), Phosphorus: 38.19mg (3.82%), Fiber: 0.95g (3.8%), Vitamin B1: 0.04mg (2.99%), Selenium: 2.08µg (2.98%), Folate: 10.34µg (2.59%), Iron: 0.44mg (2.43%), Vitamin B3: 0.48mg (2.4%), Vitamin A: 118.25IU (2.36%), Calcium: 20.09mg (2.01%), Potassium: 58.63mg (1.68%), Zinc: 0.24mg (1.62%)