



## Almond Crunchies



Vegetarian



Dairy Free

READY IN



40 min.

SERVINGS



24

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 teaspoon almond extract pure
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.8 cup blanched almonds and
- ☐ 4 cups powdered sugar
- ☐ 3 large eggs
- ☐ 0.3 teaspoon ground cardamom
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 cups flour all-purpose

## Equipment

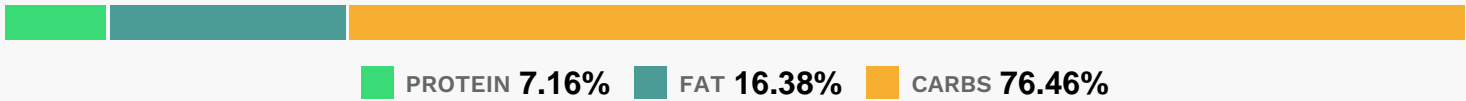
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ stand mixer
- ☐ ice cream scoop
- ☐ measuring cup

## Directions

- ☐ Line two cookie sheets with parchment paper.
- ☐ In the bowl of a stand mixer fitted with the whisk attachment (or in a large mixing bowl, using a handheld mixer), beat the eggs on high speed until thick and frothy, 8 to 10 minutes.
- ☐ Add the almond extract. If using a stand mixer, transfer the egg mixture to a medium bowl, and clean and dry the mixer bowl.
- ☐ In the bowl of the stand mixer fitted with the paddle attachment (or in another large bowl, if using a handheld mixer), combine the confectioners' sugar, flour, baking powder, cinnamon, aniseeds, and cardamom and mix on low speed until blended.
- ☐ Add the egg mixture, increase the speed to medium, and beat, scraping the sides of the bowl as necessary, until combined. Reduce the speed to low and mix in the almonds until combined.
- ☐ Use a large ice cream scoop or a 1/4-cup measuring cup to form the cookies and place on the prepared cookie sheets about 2 inches apart. Lightly press each cookie into a flattened disk. Cover the sheets with plastic wrap and refrigerate overnight.
- ☐ To bake, position a rack in the lower third of the oven and preheat the oven to 325°F.
- ☐ Remove the cookies from the refrigerator and remove the plastic wrap.

☐ Bake the cookies, one sheet at a time, for 15 to 20 minutes, until the edges of the cookies are golden; rotate the pan halfway through the baking time. Cool the cookies completely on wire racks. Store in an airtight container for up to 3 days at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:7.38, Glycemic Load:5.84, Inflammation Score:-1, Nutrition Score:3.3052173912039%

## Nutrients (% of daily need)

Calories: 148.63kcal (7.43%), Fat: 2.75g (4.23%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 28.88g (9.63%), Net Carbohydrates: 28.16g (10.24%), Sugar: 19.82g (22.02%), Cholesterol: 23.25mg (7.75%), Sodium: 45.59mg (1.98%), Alcohol: 0.06g (100%), Alcohol %: 0.18% (100%), Protein: 2.71g (5.41%), Manganese: 0.17mg (8.3%), Selenium: 5.7µg (8.14%), Vitamin E: 1mg (6.68%), Vitamin B2: 0.11mg (6.58%), Vitamin B1: 0.09mg (6.12%), Folate: 23.92µg (5.98%), Phosphorus: 49.82mg (4.98%), Iron: 0.78mg (4.33%), Vitamin B3: 0.76mg (3.79%), Calcium: 35mg (3.5%), Magnesium: 13.72mg (3.43%), Copper: 0.06mg (3.08%), Fiber: 0.72g (2.87%), Zinc: 0.27mg (1.83%), Vitamin B5: 0.15mg (1.54%), Potassium: 46.82mg (1.34%)