



## Almond Marzipan Cookie

 Vegetarian

READY IN



560 min.

SERVINGS



60

CALORIES



147 kcal

DESSERT

### Ingredients

- 1 teaspoon almond extract
- 1 pound almond paste
- 1 pound butter
- 1 egg white beaten
- 2 eggs
- 4 cups flour all-purpose
- 0.3 cup ice-cold water as needed
- 2 cups sugar white

## Equipment

- bowl
- baking sheet
- oven
- mixing bowl
- plastic wrap
- rolling pin
- kitchen scissors
- pastry cutter

## Directions

- Mash the butter into the flour in a mixing bowl with a pastry cutter or forks until it resembles small peas. Gradually add ice-cold water into the mixture, stirring lightly until the mixture is moist enough to form a ball.
- Place the pastry ball into a bowl and cover with plastic wrap.
- Mix almond paste, sugar, eggs, and almond extract in a separate bowl. Cover bowl with plastic wrap. Refrigerate both mixtures 8 hours to overnight.
- Preheat oven to 400 degrees F (200 degrees C). Grease 2 baking sheets.
- Divide the pastry into 10 portions. Using a rolling pin, roll each portion into long strips measuring about 4x12 inches. Divide the almond paste mixture into 10 portions; use your hands to form each portion into a snake shape.
- Place each almond 'snake' into the center of each pastry strip. Fold the dough over and seal the seam, also closing the ends. A little water will help to hold the seal. Arrange the rolls seam side down onto the baking sheets.
- Cut slits into the rolls with scissors every 2 inches.
- Beat egg white and water together in a small bowl; brush over the pastry rolls to coat.
- Bake in preheated oven until lightly browned, 20 to 25 minutes. Set aside to cool completely before slicing.

## Nutrition Facts



■ PROTEIN 4.91% ■ FAT 50.76% ■ CARBS 44.33%

## Properties

Glycemic Index:3.25, Glycemic Load:9.26, Inflammation Score:-2, Nutrition Score:2.7178260655669%

## Nutrients (% of daily need)

Calories: 147.38kcal (7.37%), Fat: 8.47g (13.03%), Saturated Fat: 4.14g (25.9%), Carbohydrates: 16.64g (5.55%), Net Carbohydrates: 16.05g (5.84%), Sugar: 9.43g (10.48%), Cholesterol: 21.71mg (7.24%), Sodium: 52.49mg (2.28%), Alcohol: 0.02g (100%), Alcohol %: 0.09% (100%), Protein: 1.84g (3.69%), Vitamin E: 1.22mg (8.11%), Manganese: 0.12mg (6.12%), Selenium: 3.81µg (5.44%), Folate: 21.7µg (5.43%), Vitamin B2: 0.09mg (5.02%), Vitamin B1: 0.07mg (4.84%), Vitamin A: 196.84IU (3.94%), Phosphorus: 33.3mg (3.33%), Magnesium: 12.06mg (3.02%), Vitamin B3: 0.6mg (3.02%), Iron: 0.54mg (2.99%), Copper: 0.05mg (2.41%), Fiber: 0.59g (2.35%), Calcium: 17.03mg (1.7%), Zinc: 0.2mg (1.31%), Potassium: 37.54mg (1.07%)