



Almond Poppy Tea Cookies

 Popular

READY IN



60 min.

SERVINGS



36

CALORIES



110 kcal

DESSERT

Ingredients

- ☐ 17.5 oz sugar cookie mix
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon poppy seeds
- ☐ 0.5 cup butter softened
- ☐ 3 oz cream cheese softened (from 8-oz package)
- ☐ 2 teaspoons almond extract
- ☐ 1 eggs
- ☐ 0.3 cup almonds sliced

- ☐ 1 cup powdered sugar
- ☐ 3 teaspoons water

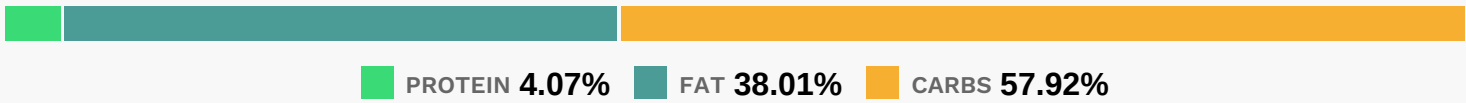
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 350°F. In large bowl, stir cookie mix, flour, poppy seeds, butter, cream cheese, 1 teaspoon of the almond extract and egg until soft dough forms.
- ☐ Roll dough into 1 1/4-inch balls; place 2 inches apart on ungreased cookie sheet. Press balls slightly to flatten. If desired, top each flatten ball with 5 sliced almonds arranged to form a star.
- ☐ Bake 9 to 11 minutes or until edges are light golden brown. Cool 3 minutes; remove from cookie sheet to wire rack.
- ☐ In small bowl, mix powdered sugar, remaining 1 teaspoon almond extract and enough water to give the glaze a nice spreading consistency.
- ☐ Spread glaze over warm cookies. Store tightly covered in a single layer at room temperature.

Nutrition Facts



Properties

Glycemic Index:3.25, Glycemic Load:0.68, Inflammation Score:-1, Nutrition Score:0.93695651828919%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

Nutrients (% of daily need)

Calories: 109.66kcal (5.48%), Fat: 4.65g (7.15%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 15.93g (5.31%), Net Carbohydrates: 15.77g (5.73%), Sugar: 9.81g (10.9%), Cholesterol: 6.93mg (2.31%), Sodium: 78.46mg (3.41%), Alcohol: 0.08g (100%), Alcohol %: 0.37% (100%), Protein: 1.12g (2.24%), Vitamin A: 151.11IU (3.02%), Manganese: 0.04mg (2.03%), Vitamin E: 0.3mg (2%), Vitamin B2: 0.03mg (1.82%), Selenium: 1.05µg (1.5%), Vitamin B1: 0.02mg (1.48%), Folate: 5.63µg (1.41%), Phosphorus: 12.18mg (1.22%)