



Almond Sand Dollar Cookies

 Vegetarian

READY IN



25 min.

SERVINGS



1

CALORIES



4497 kcal

DESSERT

Ingredients

- ☐ 1 serving almonds sliced
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup butter softened
- ☐ 1 large eggs separated
- ☐ 2 large eggs
- ☐ 3.3 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon

☐ 2 cups powdered sugar sifted

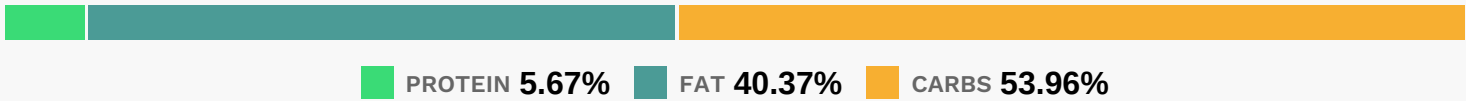
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Beat 1 cup softened butter at medium speed with an electric mixer until creamy; gradually add 2 cups sifted powdered sugar, beating until well blended.
- ☐ Add 2 eggs and 1 egg yolk, beating until blended.
- ☐ Combine flour and baking powder.
- ☐ Add to butter mixture, beating at low speed until blended. Shape dough into a ball, and wrap in plastic wrap. Chill 1 hour.
- ☐ Roll dough to an 1/8-inch thickness on a lightly floured surface; cut with a 3-inch round cutter.
- ☐ Place on lightly greased, parchment paper-lined baking sheets; brush with lightly beaten egg white.
- ☐ Stir together granulated sugar and ground cinnamon, and sprinkle evenly over cookies. Gently press 5 almond slices in a spoke design around center of each cookie.
- ☐ Bake at 350 for 4 minutes; remove pan from oven, and gently press almonds into cookies again.
- ☐ Bake 4 more minutes or until edges are lightly browned.
- ☐ Remove cookies to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:302.09, Glycemic Load:265.55, Inflammation Score:-10, Nutrition Score:55.356086807406%

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: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 4496.65kcal (224.83%), Fat: 203.13g (312.51%), Saturated Fat: 122.06g (762.9%), Carbohydrates: 610.88g (203.63%), Net Carbohydrates: 598.44g (217.61%), Sugar: 286.52g (318.36%), Cholesterol: 1046.05mg (348.68%), Sodium: 1898.45mg (82.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 64.16g (128.33%), Selenium: 191.42µg (273.45%), Vitamin B1: 3.34mg (222.98%), Folate: 840.37µg (210.09%), Vitamin B2: 2.89mg (169.9%), Manganese: 3.27mg (163.38%), Vitamin A: 6488.64IU (129.77%), Iron: 22.6mg (125.54%), Vitamin B3: 24.87mg (124.35%), Phosphorus: 851.39mg (85.14%), Fiber: 12.44g (49.76%), Vitamin E: 7.39mg (49.29%), Vitamin B5: 4.39mg (43.86%), Copper: 0.75mg (37.28%), Calcium: 344.13mg (34.41%), Zinc: 5.15mg (34.35%), Magnesium: 118.65mg (29.66%), Vitamin B12: 1.72µg (28.68%), Vitamin B6: 0.45mg (22.48%), Potassium: 729.46mg (20.84%), Vitamin D: 3µg (20%), Vitamin K: 18.21µg (17.35%)