

Almond Shortbread



Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

17

CALORIES

calories

212 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 0.7 cup natural almonds toasted see Note
- ☐ 1 cup butter softened
- ☐ 2.3 cups flour all-purpose
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar

Equipment

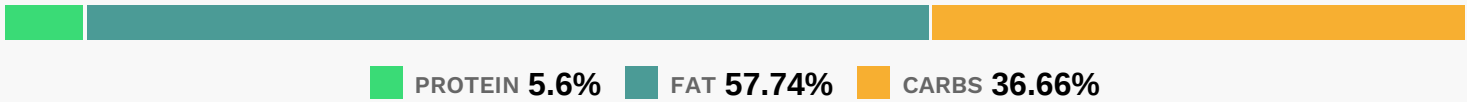
- ☐ food processor

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ cookie cutter

Directions

- ☐ Place almonds in a food processor; process until finely ground. Set aside.
- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add sugar, beating well. Stir in almond extract.
- ☐ Combine ground almonds, flour, and salt; gradually add to butter mixture, beating at low speed until blended.
- ☐ Roll dough to 1/2" thickness on a lightly floured surface.
- ☐ Cut with a 2 1/2" round cutter or Christmas cookie cutter.
- ☐ Place 2" apart on ungreased baking sheets.
- ☐ Bake at 275 for 45 minutes. Cool 2 minutes on baking sheets.
- ☐ Remove to wire racks to cool.
- ☐ Note: Toast natural almonds on a baking sheet at 350 for 6 to 8 minutes or until they smell fragrant. Then cool and grind almonds in a food processor until almost a powder consistency. We found that leaving the skins on the nuts adds a pleasing speckled appearance and rich flavor to the shortbread.

Nutrition Facts



Properties

Glycemic Index:12.06, Glycemic Load:13.3, Inflammation Score:-4, Nutrition Score:4.543478247912%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin:

0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 211.76kcal (10.59%), Fat: 13.81g (21.24%), Saturated Fat: 7.1g (44.39%), Carbohydrates: 19.73g (6.58%), Net Carbohydrates: 18.58g (6.76%), Sugar: 6.2g (6.89%), Cholesterol: 28.71mg (9.57%), Sodium: 103.43mg (4.5%), Alcohol: 0.08g (100%), Alcohol %: 0.25% (100%), Protein: 3.01g (6.02%), Manganese: 0.24mg (12.09%), Vitamin E: 1.76mg (11.7%), Vitamin B1: 0.14mg (9.47%), Vitamin B2: 0.15mg (8.91%), Selenium: 6.01µg (8.58%), Folate: 33.14µg (8.29%), Vitamin A: 333.75IU (6.67%), Vitamin B3: 1.19mg (5.93%), Iron: 0.98mg (5.45%), Phosphorus: 48.06mg (4.81%), Magnesium: 19.08mg (4.77%), Fiber: 1.15g (4.59%), Copper: 0.08mg (4.11%), Calcium: 20.87mg (2.09%), Zinc: 0.3mg (2.02%), Potassium: 62.48mg (1.79%), Vitamin B5: 0.11mg (1.14%)