



Almond Shortbread II

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



230 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almond flour
- ☐ 20 almonds
- ☐ 1.1 cups butter
- ☐ 1 cup confectioners' sugar
- ☐ 1 cup cornstarch
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon ground nutmeg

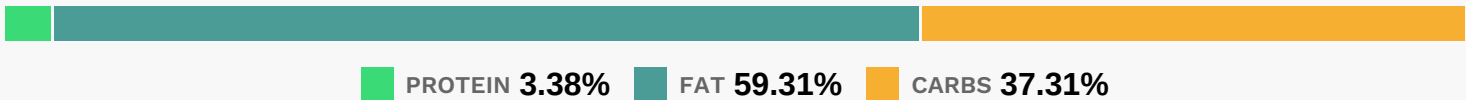
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ wax paper

Directions

- ☐ In a medium bowl, cream together the butter and confectioners' sugar until very light. Gradually add the cornstarch, all purpose flour and nutmeg. Stir until well blended. Turn the dough out onto a lightly floured surface, and knead for a few turns. Divide the mixture into 2 parts.
- ☐ Roll each part into a roll about 6 inches (15 cm) long. Wrap the rolls in plastic wrap or wax paper, and refrigerate for at least 1 hour. These can be refrigerated for up to 1 week.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- ☐ Unwrap the rolls and slice into 1/2 inch thick slices.
- ☐ Place onto the prepared cookie sheets. Gently press an almond onto the top of each cookie.
- ☐ Bake for 12 to 15 minutes in the preheated oven. When cookies are cooled, store in an airtight tin to preserve crispness.

Nutrition Facts



Properties

Glycemic Index:12.81, Glycemic Load:4.34, Inflammation Score:-3, Nutrition Score:2.2856521567573%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 229.87kcal (11.49%), Fat: 15.4g (23.7%), Saturated Fat: 8.4g (52.52%), Carbohydrates: 21.8g (7.27%), Net Carbohydrates: 20.98g (7.63%), Sugar: 7.56g (8.4%), Cholesterol: 34.32mg (11.44%), Sodium: 103.68mg (4.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.95%), Vitamin A: 398.94IU (7.98%), Vitamin E: 0.69mg (4.63%), Selenium: 3.13µg (4.47%), Manganese: 0.09mg (4.41%), Vitamin B1: 0.06mg (4.33%), Folate: 15.37µg (3.84%), Vitamin B2: 0.06mg (3.51%), Fiber: 0.82g (3.29%), Iron: 0.59mg (3.27%), Vitamin B3: 0.51mg (2.57%), Phosphorus: 19.45mg (1.95%), Calcium: 16.07mg (1.61%), Copper: 0.03mg (1.46%), Magnesium: 5.77mg (1.44%), Vitamin K: 1.14µg (1.09%)