



Almond Shortbreads

 Vegetarian

READY IN



105 min.

SERVINGS



18

CALORIES



170 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1 large egg white beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon salt fine
- ☐ 0.7 cup sugar plus more for top
- ☐ 14 tablespoons butter unsalted softened cut into pieces 7 ounces,
- ☐ 2 teaspoons vanilla extract pure
- ☐ 0.5 cup almonds raw whole with skins, plus 18 almonds for decorating

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ spatula
- ☐ tart form

Directions

- ☐ Special equipment: 9-inch tart fluted pan with a removable bottom
- ☐ Preheat oven to 325 degrees F. Blend and pulse the 1/2 cup nuts in a food processor with the sugar until mixture resembles coarse sand. (If there are a couple small chunks of nuts that is fine.)
- ☐ Add the butter, vanilla and almond extracts, and the salt, and pulse until creamy.
- ☐ Add the flour and continue to pulse to make a soft dough.
- ☐ Turn the dough out into a 9-inch tart pan and spread it out evenly with an off-set spatula. Dip the spatula in a little warm water to help smooth and even the surface of the shortbread. Cover and freeze until firm, about 20 minutes.
- ☐ Put the tart pan on a baking sheet and dock (prick) the dough all over with a fork. Generously sprinkle the top of the shortbread with sugar. Toss the remaining whole almonds in the egg white; evenly arrange and press the nuts into the dough around the edge of the pan.
- ☐ Bake until golden brown and set, about 1 hour and 10 minutes.
- ☐ Cool the short bread in the pan on a rack for 10 minutes. Carefully remove the tart ring and cut the shortbread with a sharp knife into wedges, each with a nut. Cool shortbreads on a rack completely. (Alternatively present the shortbread as 1 large cookie. Cool the shortbread in the pan completely and remove the tart ring.
- ☐ Cut the shortbread into wedges as desired.)
- ☐ Serve. Store in a tightly sealed container for up to 5 days.

Nutrition Facts



 **PROTEIN 5.13%**  **FAT 57.13%**  **CARBS 37.74%**

Properties

Glycemic Index:8.62, Glycemic Load:10.96, Inflammation Score:-3, Nutrition Score:3.2139130273591%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg 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: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 169.9kcal (8.5%), Fat: 10.94g (16.84%), Saturated Fat: 5.76g (36%), Carbohydrates: 16.27g (5.42%), Net Carbohydrates: 15.49g (5.63%), Sugar: 7.68g (8.53%), Cholesterol: 23.41mg (7.8%), Sodium: 69.2mg (3.01%), Alcohol: 0.17g (100%), Alcohol %: 0.62% (100%), Protein: 2.21g (4.42%), Vitamin E: 1.28mg (8.51%), Manganese: 0.16mg (8.2%), Vitamin B2: 0.11mg (6.49%), Vitamin B1: 0.09mg (6.04%), Selenium: 4.21µg (6.02%), Vitamin A: 272.15IU (5.44%), Folate: 21.21µg (5.3%), Vitamin B3: 0.77mg (3.84%), Iron: 0.64mg (3.55%), Magnesium: 13.5mg (3.37%), Phosphorus: 33.27mg (3.33%), Fiber: 0.78g (3.11%), Copper: 0.06mg (2.95%), Calcium: 15.16mg (1.52%), Zinc: 0.21mg (1.39%), Potassium: 46.77mg (1.34%), Vitamin D: 0.16µg (1.09%)